

FURTHER INFORMATION

Below are the telephone numbers for the Community Outpatient Physiotherapy departments. Please call your local department for any further information/guidance;

Chippenham - 01249 456451
Devizes - 01380 732520
Malmesbury - 01666 827583
Melksham - 01225 701027
Salisbury - 01722 336262 Ext 4425/4413
Savernake - 01672 517310
Trowbridge – 01225 711341
Warminster – 01985 224716

Useful websites;

<http://www.nhs.uk/conditions/shoulderpain>

<http://www.shoulderdoc.co.uk>

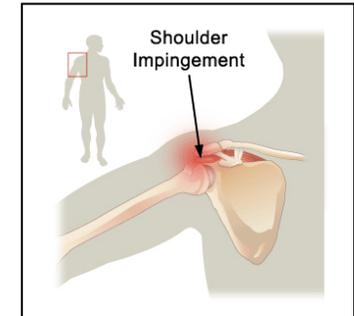
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Patient Information

SHOULDER IMPINGEMENT

WHAT IS IMPINGEMENT?

Shoulder impingement occurs when muscle tendons or bursa are irritated within the shoulder joint on certain movements, leading to pain, stiffness and restricted motion.



SYMPTOMS TO EXPECT?

Symptoms vary from person to person and may come on gradually or as the result of an injury.

Common symptoms include:

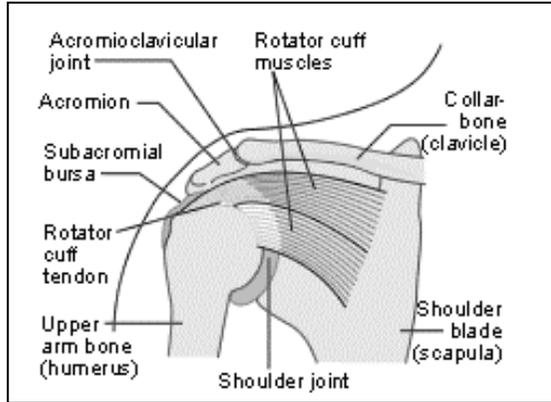
- Shoulder and upper arm pain, which can radiate down the arm in more severe cases
- It can present as either an ache or a sharp pain, or a combination of the two
- Pain on activities such as lifting, reaching, overhead movements or driving
- Pain when lying on the shoulder

HOW LONG WILL IT LAST?

This will depend on the severity of your symptoms and it may take up to a few months to improve. In most cases symptoms will respond well to physiotherapy. However, if you find that physiotherapy is not successful, there may be other management options available to you. Your GP or physiotherapist will be able to offer more advice on this at a later date.

NORMAL SHOULDER

The shoulder is a complex system made up of the **humerus** (the upper arm bone), the **scapula** (the shoulder blade), and the **clavicle** (the collar bone). The shoulder joint is surrounded by a fibrous capsule and ligaments that help to keep it stable. On



the top of the shoulder sits a bony protrusion called the **acromion**. The space below this is called the **subacromial space**. This is filled by the subacromial bursa, a fluid filled sac that acts as a protective layer between the bones and soft tissue structures. The soft tissue structures are the ligaments and **rotator cuff** muscles, a group of muscles that are important for both stability and producing movement at the shoulder.

With **shoulder impingement**, the muscles/bursa may be irritated and become painful.

WHAT CAN I DO TO HELP MYSELF?

Be positive and keep moving! There are many things you can do yourself to help manage your symptoms.

Medication

If you have been prescribed anti-inflammatories or painkillers for pain relief take them at regular intervals. Consult your G.P if your medication is not helping.

Exercise

It is **essential** to start active exercises as prescribed by your GP or physiotherapist. This will help to increase the mobility in the shoulder as well as improving strength and stability of the muscles around the shoulder. This will help to reduce your pain. The exercises should be done slowly, moving into discomfort but not into excessive pain. Start with the simple exercise on the next page.

Sleeping positions

Sleep on a supportive mattress and avoid sleeping directly on the shoulder. If you have to lie on that side, then try a thicker pillow or two pillows. Alternatively, try sleeping on your opposite side with a pillow tucked under your armpit. Choose whatever position is best for your pain levels.

Posture

Good posture is important as this will place the shoulder joint in a better position and avoid aggravating your pain. Regularly sit up straight, pull your shoulder blades together (see diagram below) and tuck your chin in. A small rolled towel placed in the small of your back may help support a better posture when sitting.

Hot/cold

Either heat or cold can be used to help pain and muscle spasm. Use frozen peas in a damp tea towel for up to 10 minutes, or alternatively try a hot water bottle in a cover. Use whatever gets best results for you. Make sure to regularly check your skin to avoid skin damage

Scapular Setting Exercise



- Correct posture
- Sit upright, gently pull your shoulder blades together and down
- Hold for a few seconds, and then relax
- Repeat 5 times
- Try to do this 4 to 5 times a day, or whenever you feel yourself slouching