

SHOULDER CHRONIC INJURIES

IDENTIFICATION AND TREATMENT

Treatment

- Local ice
- Stretch as instructed by athletic trainer
- Rest
- Therapeutic exercise



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Rotator Cuff Tendonitis

- Repeated motion (throwing) without proper rest and recovery
- Athlete will report ache at insertion of rotator cuff muscles
- Ache usually subsides with gentle warm-up
- Possible swelling at the insertion of rotator cuff muscles
- Tender to palpation at insertion of rotator cuff muscles
- External/internal rotation painful with resistance

Shoulder Impingement

- Also called “painful arc” syndrome
- Commonly happens when supraspinatus muscle is impinged at the anterior edge of the acromion can coracoacromial ligament
- Continued use of the arm above the horizontal plane
- Aching after activity may progress to aching during activity with increased pain at night
- Most painful between 60-120 degrees of abduction
- May report some crepitation in 60-120 degrees of abduction in subacromial bursa
- Tenderness to palpation over coracoacromial ligament
- Tenderness over greater tuberosity of humerus