

Shoulder Impingement Syndrome

Presentation

Generally < 45 years old
Insidious / Traumatic onset
Sharp / catching pain on overhead activities
Ache following use
May have night pain
Painful arc 60-120 degrees
Positive impingement tests

Classification

1. **Primary Impingement** - intrinsic problem within tendon (degenerative change/tendinopathy).
2. **Secondary Impingement** - extrinsic problems (instability, capsular laxity or tightness, muscle imbalance, postural, SAB thickening)

1. Primary Impingement

2. Secondary Impingement

Referral to Physiotherapy / Analgesia

No Better

Review diagnosis /consider injection
or referral to secondary care

Differential Diagnosis

Visceral / Diabetes / Thyroid / Ca / Cuff tear / Adhesive capsulitis / ACJ dysfunction / C-Sp/T-Sp/Neural / Nerve root / calcific tendinitis