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# What about surgery?

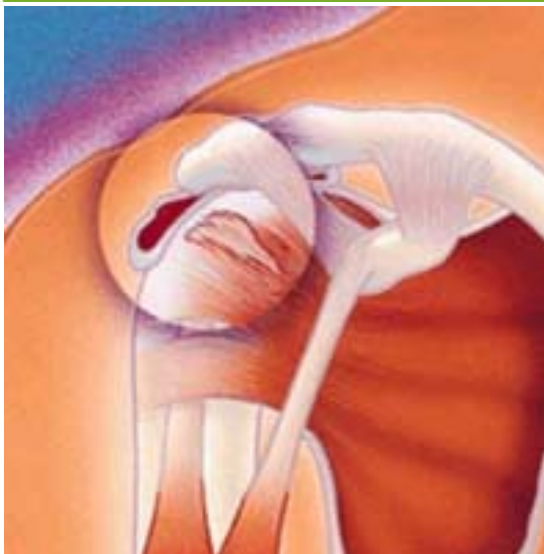
Studies show people with surgery may feel better sooner. But in the long run they are no better off than people that don't have surgery.

Surgery costs a lot more money and has more risks.

Surgical risks are minimized really well by surgeons.

People with more problems than just the tight space are more likely to have surgery. They might have things like tears in parts of the shoulder.

People that don't get better after physical therapy may also benefit from surgery.



## Need more info?

### Basic:

Cleveland Clinic:

[http://my.clevelandclinic.org/disorders/shoulder/hic\\_impingement\\_syndrome\\_of\\_the\\_shoulder.aspx](http://my.clevelandclinic.org/disorders/shoulder/hic_impingement_syndrome_of_the_shoulder.aspx)

American Academy of Orthopedic Surgeons:

<http://orthoinfo.aaos.org/topic.cfm?topic=a00032>

### Advanced:

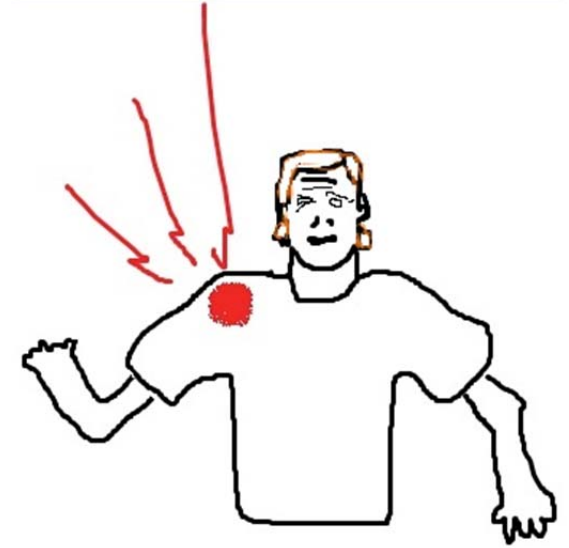
Medscape:

<http://emedicine.medscape.com/article/92974-overview>

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## Shoulder Injury



# Subacromial Impingement Syndrome

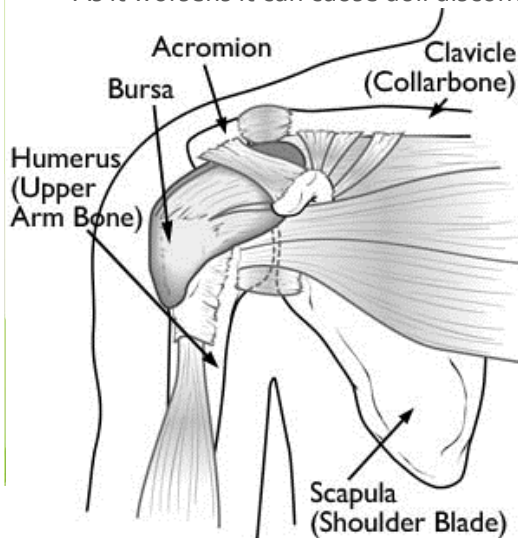
## A Patient's Summary

# What is Subacromial Impingement Syndrome?

It's a shoulder injury causing pain when lifting your arm. It is caused by a tighter space for the muscle attachment of the shoulder to pass through. Problems with the bone, muscle attachment or the parts around it can make the space tighter.

## What does it feel like?

Pinching pain with movement like raising your hand, brushing your hair, etc. As it worsens it can cause dull discomfort at rest and even affect sleep,



## How do I know I have it?

Your doctor will listen to your history, check your shoulder motions, and maybe get an x-ray.

## How do I treat it?

- Rest the shoulder! Try to do fewer of the motions that caused the problem.
- Ice the shoulder with ice in a cloth for about 15 minutes a couple times a day.
- Use medicines like naproxen and ibuprofen that your doctor recommends.
- See a physical therapist to learn appropriate methods to:
  - Stretch your shoulder muscles.
  - Strengthen your shoulder muscles.
  - Do tasks to ease the pain in your shoulder.
  - Laser therapy
- Steroid injection into the joint for symptom relief
- Occasionally surgery will be the appropriate choice, but usually not.



## What makes it worse?

Repeated motions over the head like in swimming, tennis, painting or lifting items

Poor posture and form in other ways of over-use can also make the problem worse.

