

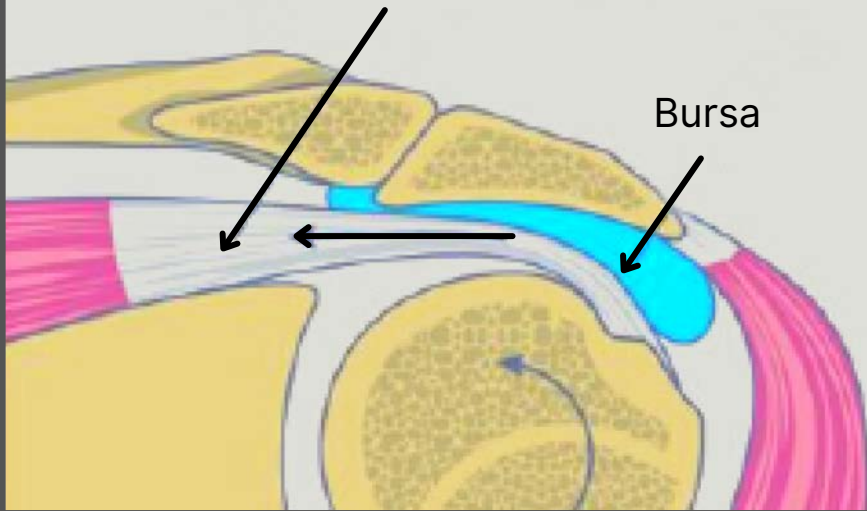
## SHOULDER IMPINGEMENT

Shoulder impingement occurs when there is an imbalance of forces around the shoulder. As you bring your arm out to the side and overhead, there isn't a lot of space for the muscles and tendons to glide.

The rotator cuff muscles work really hard to keep the shoulder centred in its socket. If there is any weakness in the rotator cuff, or in the muscles around the shoulder blade, the imbalance of forces can cause even less space for tissues, causing impingement and/or a pinching feeling on the front/inside of the shoulder.

To fix impingement, we need to correct the muscle imbalances and weaknesses. This often means strengthening all your rotator cuff and back muscles, fixing your posture, stretching out tight pecs, and neck muscles and correcting any ergonomic situations in your life that may be contributing to it.

Supraspinatus Tendon



Bursa

Reduced Sub-Acromial Space

