

Rotator Cuff Tear, Impingement

ICD-9 Codes: 840.4, 726.2

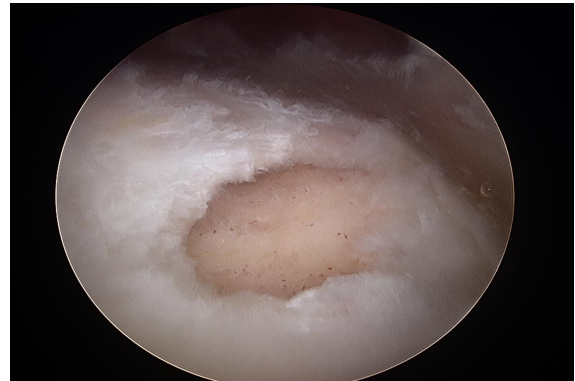
Definition: Impingement Syndrome is a pinching and rubbing of the rotator cuff tendon and bursa under the acromion (bony projection of the shoulder-blade bone).

Anatomy: The rotator cuff is a convergence of tendons from four muscles about the shoulder. It is extremely important for normal shoulder function and is vulnerable to injury.

Affected Persons: Rotator cuff tears can occur when a person undergoes a twisting injury or a fall on to the shoulder. Shoulder strenuous sports or repetitive overhead activities can cause an overuse tear. Long-standing impingement syndrome can cause a degenerative tear without an injury event.

Symptoms: The most common symptom is shoulder pain. This can be worse in an overhead position or reaching behind the back and can occur at night. Some will experience clicking or popping and possibly weakness of the shoulder

Diagnosis: The diagnosis is made by physical examination, and usually an MRI study



Treatment: In the early stages, impingement syndrome and partial rotator cuff tears are treated with physical therapy and anti-inflammatory (NSAIDs or Cortisone injections). Full thickness rotator cuff tears or impingement syndrome failing non-surgical treatment are treated with surgical repair. Surgery for impingement syndrome and most rotator cuff tears can be done arthroscopically.

