



## Shoulder Impingement

Preventing injuries with the upcoming strenuous "shoulder"  
Spring and Summer Sports & Activities

As the snow begins to melt, we see a glimpse of hope that our favourite spring & summer activities are just around the corner. Whether that is recreational or competitive, it is a great way to stay active and enjoy the outdoors! A lot of summer sporting activities (Volleyball, Baseball, Tennis, Golf etc.) involve repetitive overhead shoulder activity, placing an increase stress on the shoulder joint.

The Shoulder girdle is a very complex structure and requires proper movement of many segments (1<sup>st</sup> & 2<sup>nd</sup> rib, the sternum, scapula, clavicle, humerus and vertebrae within the thoracic spine (mid-back)) to function effectively. Lack of mobility in the vertebrae of the thoracic spine and restrictive motion of the 1<sup>st</sup> & 2<sup>nd</sup> rib will lead to an inability of shoulder to reach full elevation. It is important that all of these different segments are taken into account when a shoulder injury occurs.

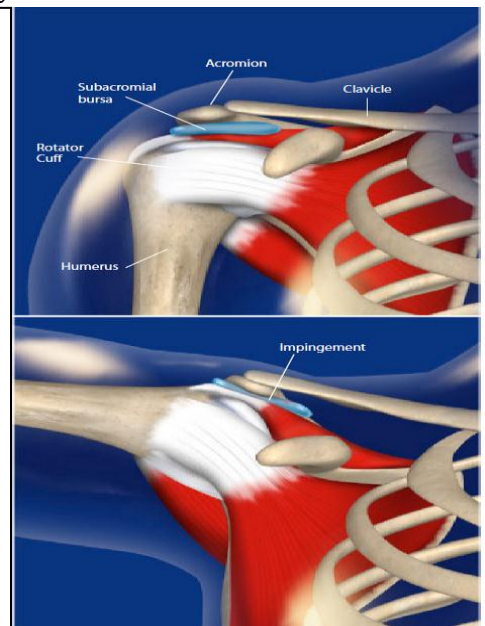
The Glenohumeral Joint (Shoulder Joint), is a ball and socket joint with 6 degrees of movement. It is composed of the scapula, acromion, and clavicle of the shoulder girdle, as well as the humerus of the upper arm. It has an extensive network of ligaments and a joint capsule which allows mobility & provides some stability. Although there is a framework of ligaments, the muscles that make up the shoulder girdle or rotator cuff, play an essential role in the stability of this joint throughout the many different ranges of motions. The tendons (connect muscle to bone) of some of these muscles, cross into the shoulder joint and blend into the shoulder capsule for stability. Without the proper contraction of these muscles throughout the various different movements, the humerus would fail to maintain proper orientation within the joint and thus cause dysfunction & PAIN.

### **SHOULDER IMPINGEMENT**

Shoulder impingement is a very common problem within the shoulder joint. It frequently occurs due to repeated overhead activity, common in sports such as tennis or baseball. It is a condition not necessarily limited to sport though—it can also happen due to house hold chores, such as cleaning or painting. The repetitive overhead motion causes stress on the rotator cuff tendons as they pass through the shoulder joint. Overtime this stress can lead to tendonitis, an inflammation of the tendon, which can be extremely painful and restrict shoulder range of motion (especially overhead).

**Signs & Symptoms**— typically there is difficulty reaching behind the back, activities such as putting on a coat or shirt become challenging. There is also significant pain & weakness with any overhead movements.

***It is important to address this condition- seek a health professional's opinion on treatment and rehabilitation, as this injury can lead to possible tears of the rotator cuff muscles and/or even worse rupture of the muscle off the bone in extreme cases!***



## 5 WAYS TO PREVENT SHOULDER IMPINGEMENT

- 1. DYNAMIC WARM-UP:** Prior to the beginning of activity, warm-up your muscles and joints that you will be using. "Cold" muscles cannot contract properly and will lead to dysfunctional movement and potential injury!
- 2. DAILY POSTURE-** Be mindful of your posture! The more our shoulders roll forward (i.e. when we slouch), the increase stress it causes on tendons passing into & through the shoulder joint. It also impinges important nerves & arteries that are also running just below the shoulder joint.
- 3. STRETCHING PECTORAL MUSCLES (CHEST)-** It is important to open up the chest, bringing shoulders back into a normal resting position. The tighter our pectorals are the more forwardly rotated our shoulder become, increasing the risk of injury!
- 4. STRENGTHENING MID-BACK-** Strengthening the mid-back will help reinforce the proper position of our shoulders and help to maintain stability within the thoracic spine.
- 5. THORACIC MOBILITY-**The thoracic spine must be able to freely extend, rotate and side bend to achieve proper movement of the shoulder. Maintaining mobility of this segment is very important and is usually one of the main issues with individuals who suffer shoulder pain.

*For an example of exercises & stretches associated with preventing shoulder impingement visit us online @  
Clinic News: Monthly Newsletter. [www.bmtherapeutics.com](http://www.bmtherapeutics.com)*

## CLINIC NEWS

### UPCOMING EVENTS

*Spring into Health*  
**ACTON'S 2013 SPRING HEALTH FAIR**  
**SUNDAY APRIL 7<sup>TH</sup> 10AM-4PM**  
**ACTON LEGION**  
**15 WRIGHTS AVENUE, ACTON**

**Variety of Health Care Professionals, demos, lectures and much more!**

**Admission is \$5/person- donated to LINKS 2 CARE OR please bring a non-perishable food item for the ACTON FOOD BANK**

**For more information or questions about information in this newsletter please contact**

**Body Movement Therapeutics  
(519)853-1200.**

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### UPCOMING TRUE TEAM EVENTS

\*True Mentality Boot Camp is taking part in the 50km "Ride for Heart"- Please support our team.

Visit online under TRUE TEAM:

[www.rideforheart.ca](http://www.rideforheart.ca)

### NEXT BOOT CAMP SERIES REGISTRATION

Stay tuned for updates on registering for next series beginning end of April. Training is for all ages and fitness levels! Join True Mentality on Facebook, or email [info@truementality.ca](mailto:info@truementality.ca) to be added to Our contact list to receive updates regularly!

**FOR MORE INFORMATION EMAIL [INFO@TRUEMENTALITY.CA](mailto:INFO@TRUEMENTALITY.CA) OR VISIT ONLINE @**

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