



SHOULDER IMPINGEMENT

One of the most common diagnosis we see is shoulder impingement. Impingement occurs when any condition narrows the impingement interval, the space between the under surface of the acromion and the superior aspect of the humeral head. Symptoms include pain with overhead activities, weakness and decreased range of motion. Possible causes include:

- A loss of integrity of the rotator cuff muscles
- Direct trauma
- Adhesive capsulitis
- Subacromial spurs
- Thickened or calcified coracoacromial ligament
- Thickened subacromial bursa
- Shoulder instabilities
- Poor technique with sports
- Overuse injuries contributing to tendonitis



**Marino TherapyCenters
would like to briefly explain
how we could help your
shoulder patients!**

Areas of evaluation include:

- Range of Motion
- Strength (isometric, isotonic, isokinetic)
- Posture
- Tissue reactivity
- Joint mobility of the glenohumeral, sternoclavicular, acromioclavicular, and scapulothoracic joints
- Motor recruitment of scapular stabilizers with sEMG assessment
- Ergonomic assessment

Treatment may include:

- Manual therapy including joint and soft tissue mobilization
- Modification of work ergonomics
- Posture re-education
- Neuro re-education of scapular stabilizers via muscle stimulation and/or sEMG
- Non invasive anti-inflammatory modalities such as iontophoresis or phonophoresis

Marino TherapyCenters, participates in a nationwide database with other outpatient orthopedic facilities. (FOTO) Our outcomes for shoulder patients are above the national norm.

Six great locations to serve You

**Cedar Bluff
Office**
8904 Cross Park Drive
Knoxville, TN 37923
Phone: 690-2671
Fax: 690-6445

**Farragut
Office**
11426 Kingston Pike
Farragut, TN 37934
Ph: 865.966-8933
Fax: 865.966-5488

**North Knoxville
Office**
2910 Tazewell Pike
Knoxville, TN 37918
Phone: 687-1512
Fax: 687-2138

**South Knoxville
Office**
7220 Chapman Highway
Knoxville, TN 37920
Phone: 579-4895
Fax: 579-3846

**Oak Ridge
Office**
490 S. Illinois Avenue
Oak Ridge, TN 37830
Phone: 482-7730
Fax: 481-0531

**Maryville
Office**
1904 W. Broadway Ave.
Maryville, TN 37801
Phone: 983-8129
Fax: 983-8293