



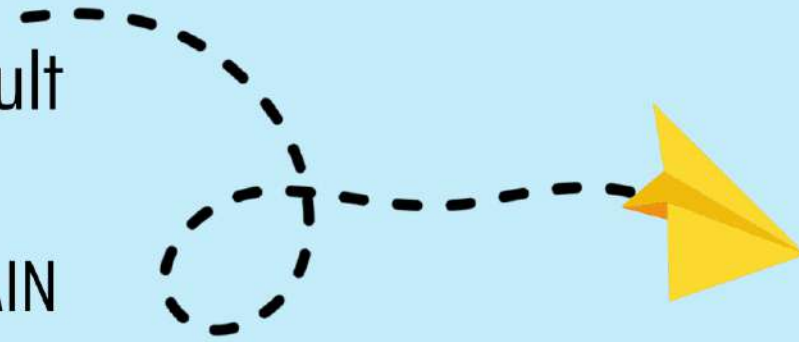
SUPRASPINATUS

TENDINITIS



Condition ?

- Tendons become inflamed as result of friction and degeneration
- OverHead Movements - Increases PAIN



Symptoms ?

- Pain - Swelling - Tenderness
- Painful Arc Sign
- Click - sound observed
- Shoulder Weakness
- Loss / Limited R.O.M
- Night Pain



Mechanism ?

- Trauma
- Stressful Repetitive Overhead Motion
- Altered SCAPULO-HUMERAL Rhythm
- Tendon IMPINGES with Acromion

Investigation ?

- X- ray / Ultrasound
- SPL - TESTS :
 1. Empty Can Test
 2. Drop Arm Test
 3. Hawkins - Kennedy

Rehab ?

- **Phase 1 :**
Alleviate Pain - Inflammation
Prevent Atrophy - Pain Aggravation
Gentle R.O.M Exercises :
Codman's Circumduction
Maintain R.O.M - Prevent (PA)shoulder
- **Phase 2 :**
Active -Assisted Mobilisations
- **Phase 3:**
Strengthening Exercises
(Ext - Int Rot , Bicep - Deltoid - Scap.Stab)
Joint Mobilizations (Glide)
Neuromuscular control exercises



Treatment ?

- Rest - Ice
- NSAIDs
- Kinesiology Taping
- Cryotherapy
- NMES
- Corticoid Injections
- SURGERY
(If Conserv.Manage Fails)

