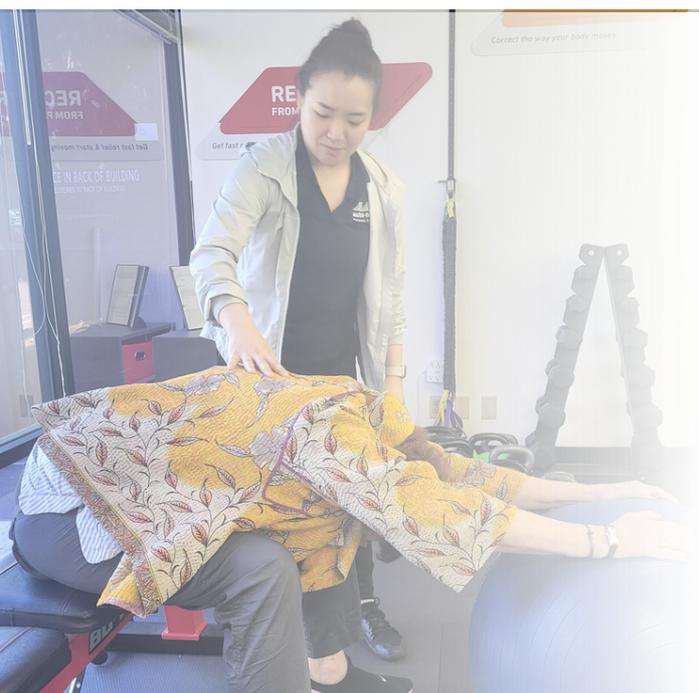
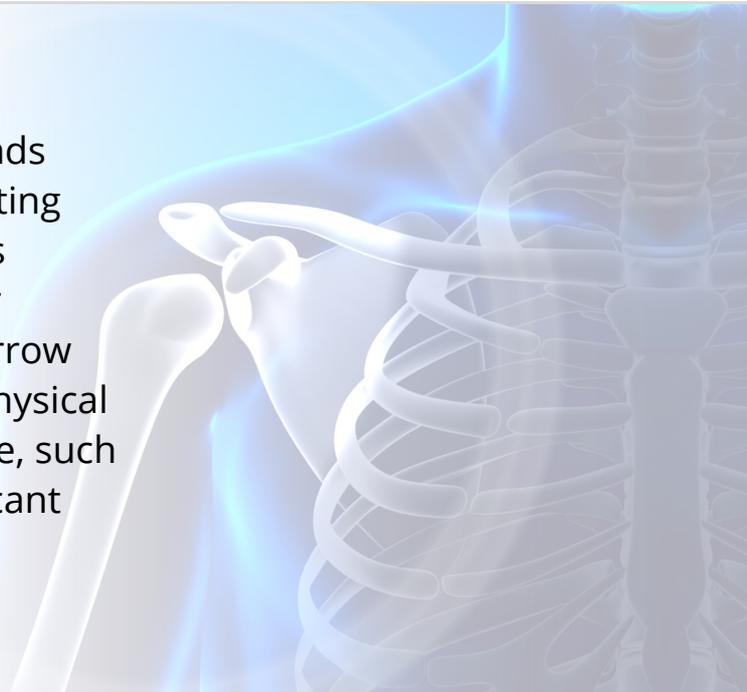


Subacromial Impingement - Empowering Your Recovery

Subacromial impingement, a common shoulder condition, manifests as pain around the shoulder's tip, often radiating down the upper arm. This discomfort intensifies during movements like lifting the arm sideways or behind the back, signaling a need for attention and care.

Subacromial impingement, commonly experienced as shoulder pain, often extends down the upper arm, particularly when lifting the arm sideways or behind the back. This condition arises from the inflammation or thickening in the subacromial space, a narrow tunnel in the shoulder joint. It's not just physical exertion that can trigger this; poor posture, such as rounded shoulders, also plays a significant role.



At Auto-Ness Physical Therapy, we believe in addressing the root cause of your pain. Rest and ice might offer temporary relief, but they are rarely the complete solution. Our focus is on empowering you with knowledge and techniques to achieve long-term well-being.



Key Strategies for Relief and Recovery:

1. **Posture Awareness:** Maintaining correct posture is crucial. Keep your shoulder blades back and down, and your neck elongated.
2. **Exercise Therapy:** We guide you through targeted exercises to regain control and strength in your shoulder, enhancing both stability and coordination.
3. **Lifestyle Modifications:** Review and adjust your daily activities and techniques to prevent recurrence.
4. **Heat Therapy:** Applying heat to tense neck muscles can alleviate associated discomfort.
5. **Professional Guidance:** Our team will tailor your recovery plan, ensuring progress at a pace that suits your unique situation.



Shoulder impingement is a common yet treatable condition. If you're experiencing shoulder pain, don't let it hold you back.

Contact Auto-Ness Physical Therapy at (858) 324-5537 to begin your journey towards an active, pain-free life. Let us help you turn your pain into progress!