

## Internal Impingement Syndrom

연세의대 정형외과 김 성 재

Walch 1992 J. Shoulder Elbow Surg.

Jobe 3.995 Arthroscopy

Posterior superior glenoid impingement

Overhead athlete with mild instability

Impingement of the fold of the posterior capsule against the posterior Superior glenoid when the shoulder is in the fully abducted and and externally rotated position,

Positive relocation test

Treatment

Eliminating Elevation or Abduction External  
Rotation Strengthening of Rotator Cuff and,  
Scapular Rotator

Small capsular flap : Debridement

Large cuff lesion : Shoulder stabilization