

Subscapularis Tendonitis

The tendon of a muscle in your shoulder has become inflamed and sore near its attachment to the upper arm bone.

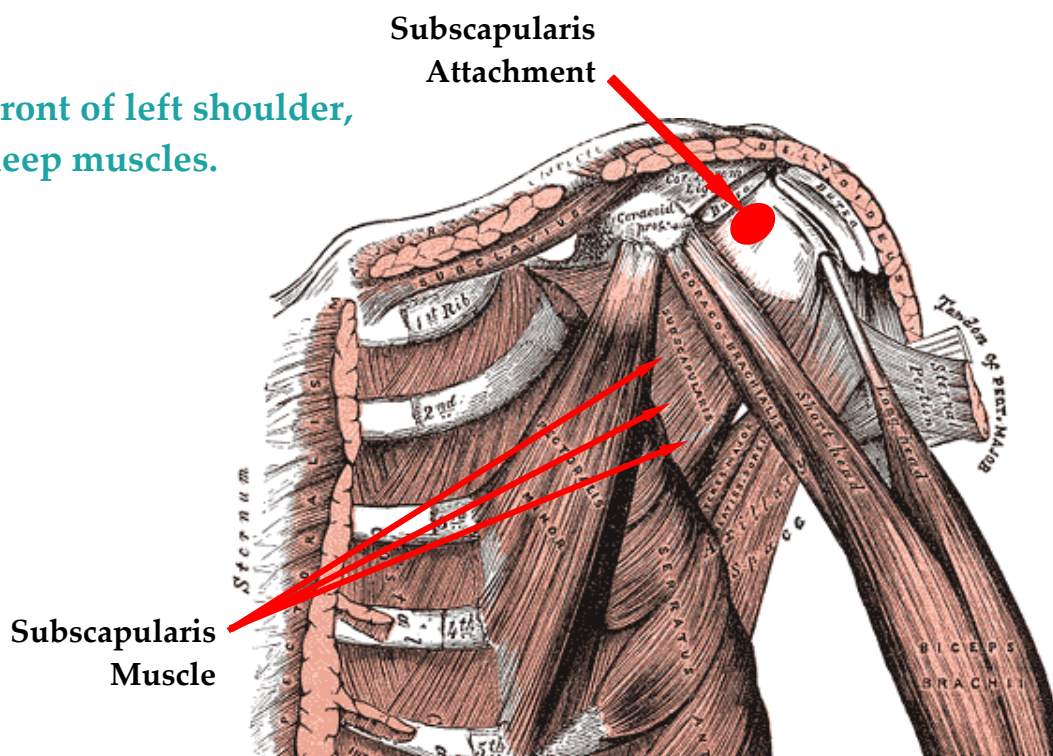
This injury is most likely in tennis players and sportspersons involved in *throwing events*.

(a) Signs and Symptoms

Shoulder movement with the arm raised forwards to about 90° with the arm internally rotated may be intense. The tendon may be sore on palpation on the anterior surface of the humeral head, medial to the tendon of the long head of biceps.

Location of Subscapularis Attachment to Humerus

Front of left shoulder,
deep muscles.



(b) Test

The key diagnostic test is to check for pain upon resisted *internal* or *inward* rotation of the arm.

1. The practitioner may have you stand with your arm hanging at the side, with the elbow bent to 90°, hand vertically oriented.
2. Now you attempt to internally rotate the upper arm by pushing your palm across your body whilst the practitioner resists you.
3. If you feel pain in the area that has been giving you problems, the most likely diagnosis is subscapularis tendonitis.

(c) Treatment

Your practitioner will make sure all muscles involved in precipitating the problem are loosened. Other than that the best things you can do are to rest and apply ice or heat to the area twice per day. When the inflammation has settled, consult with your practitioner who may provide strengthening exercises to prevent recurrence.