

SUBCORACOID IMPINGEMENT: A REVIEW OF PATHOANATOMY, DIAGNOSIS, AND TREATMENT

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Purpose: To review the pathoanatomy, diagnosis, and treatment of subcoracoid impingement. **Description:** Subcoracoid impingement is an infrequently described cause of anterior shoulder pain. The true incidence has not been described, but the condition may be more prevalent than we currently recognize. This presentation will review the ligamentous and musculotendinous anatomy of the coracoid process of the scapula as it is these tissues which are likely impinged between the lesser tuberosity of the humerus and the coracoid process of the scapula. In addition, variants of normal coracoid anatomy and humeral head positioning will also be reviewed and discussed as possible contributing factors. This presentation will review pertinent signs and symptoms forming the clinical impression of subcoracoid impingement. Finally, the author will present an algorithm for the rehabilitative treatment of this condition. **Summary of Use:** This presentation will benefit attendees by reviewing an under-represented cause of anterior shoulder pain. Attendees will benefit from a review of the anatomy of the region, the clustering of signs and symptoms indicative of the condition, and finally an algorithm for treatment. **Importance:** The author feels subcoracoid impingement should be included in the differential diagnosis of patients with anterior shoulder pain. This diagnosis may be particularly relevant among windmill pitchers in fast pitch softball.