

## Shoulder impingement syndrome in ex-athlete of triathlon: case report

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The shape of the acromion was first described by Bigliani as type I (flat), type II (curved) and type III (hooked). There is an implied association between shoulder impingement syndrome and type II and III acromion, because of the reduction of the subacromial space. This reduction may lead to the impingement of the subacromial bursa and the supraspinatus tendon, which is aggravated by the excessive hours of training and competition, especially in those sports that use the shoulder joint, like the swimming modality in triathlon competition. The aim of this study was to verify the shape of the acromion and a possible relation to shoulder pain symptoms in an ex-athlete of triathlon. Methods and results: A 27-years-old man, ex-athlete of triathlon (10 years of sport life), with pain in the left shoulder was submitted to a radiological evaluation of the acromion shape for both shoulders. The radiographic incidence used was the supraspinatus outlet view. The acromion morphology was classified by the Bigliani/Epstein method (type I – flat, type II – curved, type III - hooked). The radiological evaluation showed a type II acromion for the right shoulder and a type III acromion for the left one. Conclusion: The ex-athlete of triathlon presented a type III acromion (hooked) for the left shoulder. In this case the symptoms could be related to the acromial morphology found and to a possible diagnosis of shoulder impingement syndrome.

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