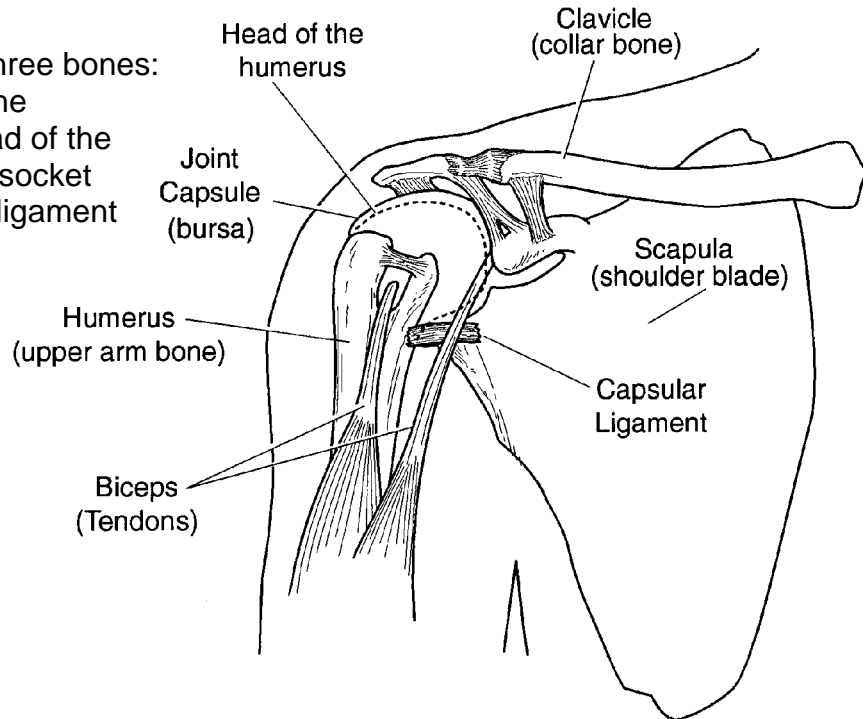


HEALTH FOR LIFE

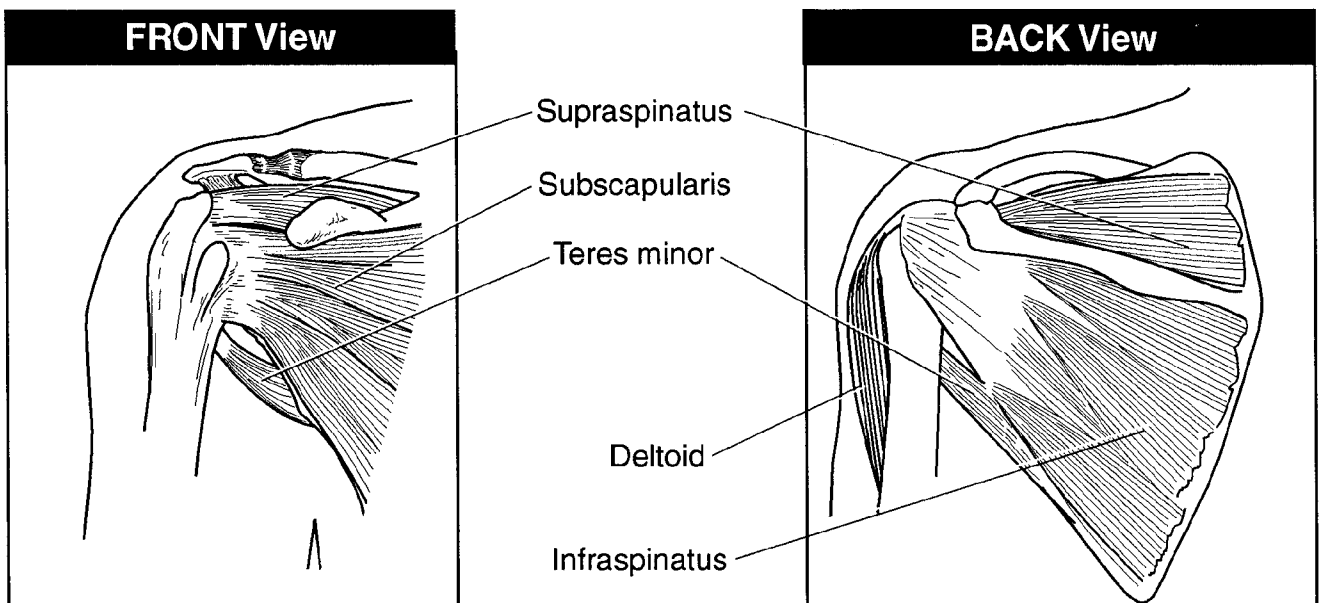
Shoulder Injury

The shoulder joint is made of three bones: the clavicle, the scapula, and the humerus. The ball-shaped head of the humerus is held in the shallow socket of the scapula by the capsular ligament and the rotator cuff.



The rotator cuff is made up of muscles tendons that help the shoulder work properly.

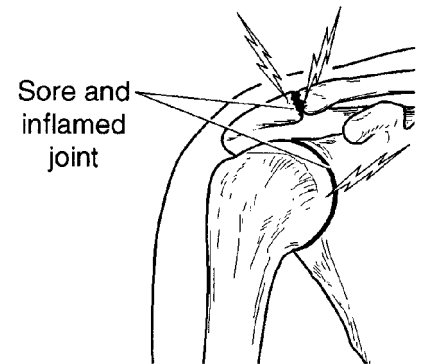
Rotator Cuff Tendons



Causes of Shoulder Pain

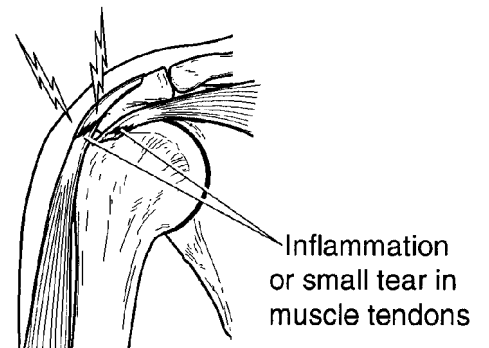
Osteoarthritis

Arthritis is when the joint surfaces become rough causing irritation of the joint. This irritation is usually caused by wear.



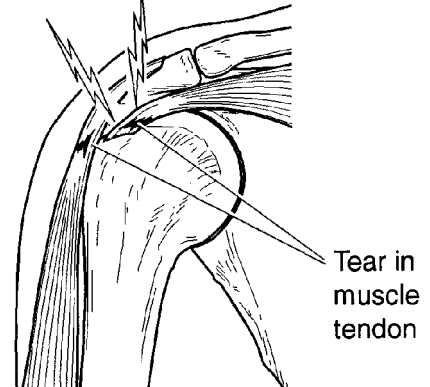
- **Tendonitis**

Tendonitis is when a muscle tendon has small tears or is inflamed usually due to overuse or wear.



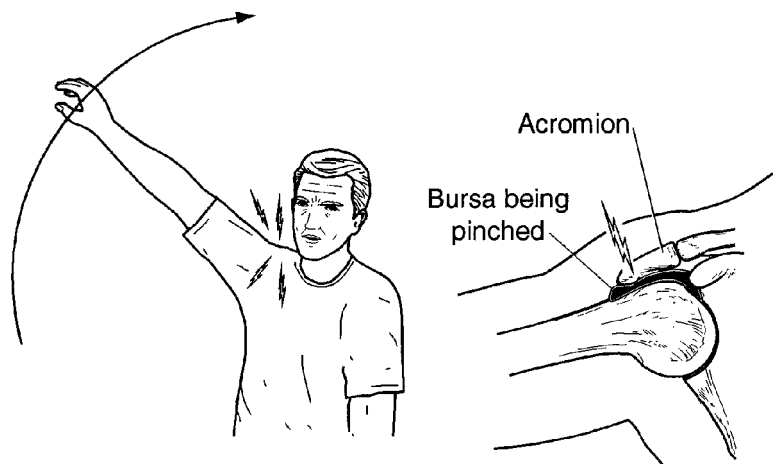
- **Rotator Cuff Tear**

A rotator cuff tear occurs when there is a partial or complete tear of the tendon or muscle. One or more of the 4 rotator cuff muscles may be involved and is usually caused by injury or wear.



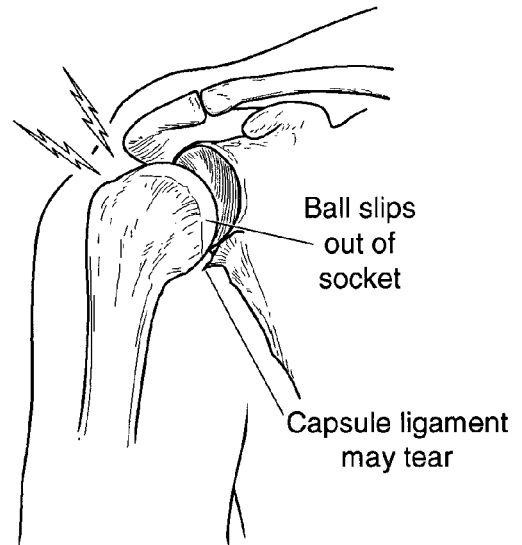
- **Impingement Syndrome and Bursitis**

These conditions are caused by arthritis or rotator cuff problems. When the arm is raised overhead the acromion pinches into the bursa.



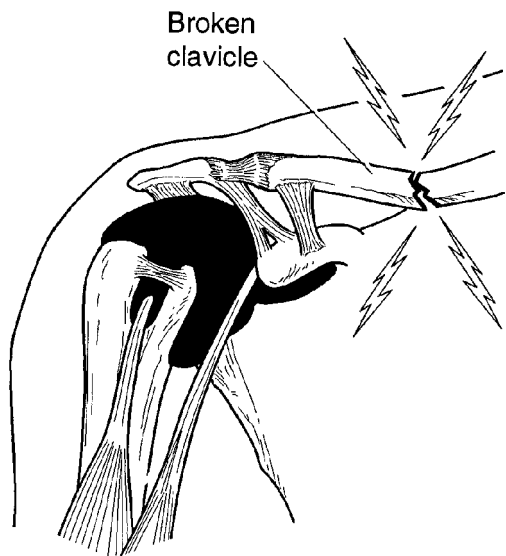
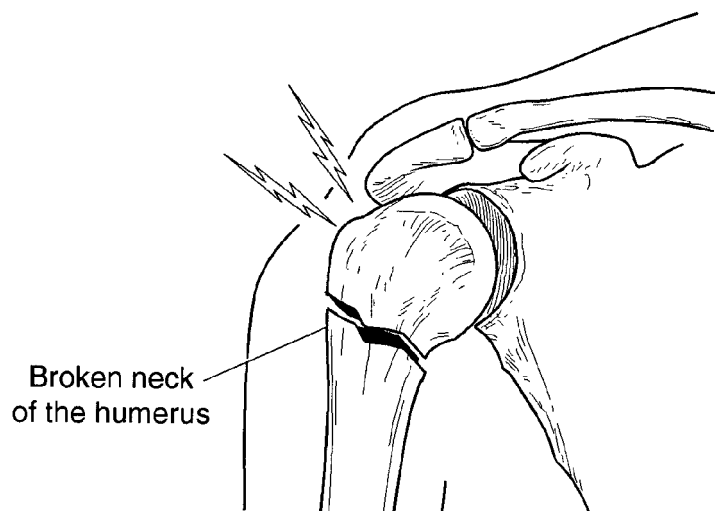
- **Subluxation / Dislocation**

Dislocation is when the ball-shaped head of the humerus moves completely out of the socket. This is usually caused by injury. If the head only moves slightly out of the socket, then it is a subluxation. Subluxations are usually caused by any of the muscles around the joint (rotator cuff).



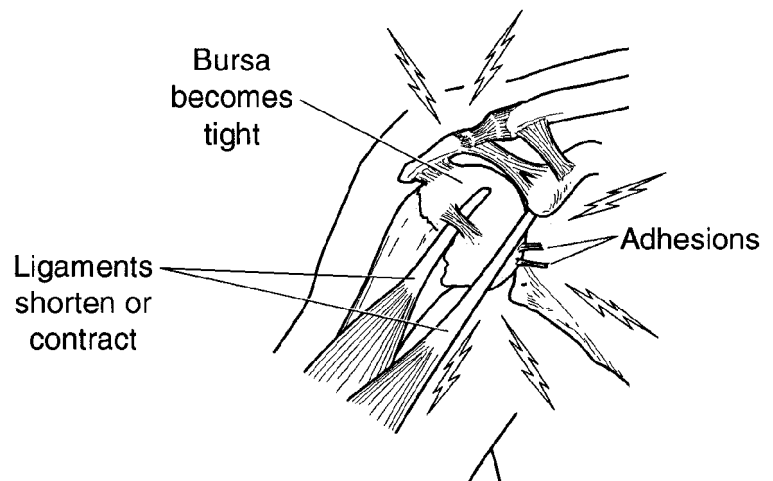
- **Fractures**

Fractures are when one of the shoulder bones breaks. This is usually caused by injury.



- **Frozen Shoulder**

A frozen shoulder occurs when the capsule around the shoulder joint becomes tight and movement of the shoulder becomes limited.



Treating the Injured Shoulder

There are many things that can help your shoulder heal after an injury:

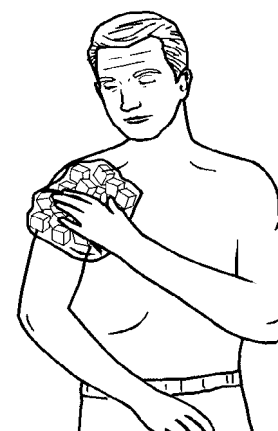
Rest

Stop using painful motions that irritate the shoulder or use a sling to rest the joint.



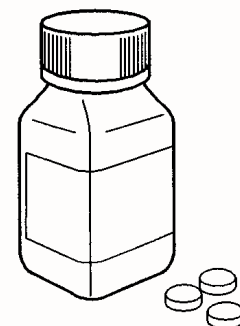
Heat and / or Ice

Heat relaxes the muscle and increases blood flow, where as ice decreases swelling and pain.



Medications

Medications will help decrease inflammation, pain, or muscle spasms. Take medications as prescribed by your doctor.



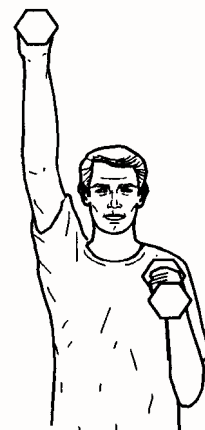
Cortisone

Shots of cortisone can decrease pain and inflammation.



Physical Therapy

A physical therapist can determine which stretches or exercises may benefit your shoulder. Ultrasound and electric stimulation may be used to decrease inflammation and pain.



Surgery

If it is necessary for you to have surgery, a surgeon will discuss with you the risks of surgery and the recovery rate.