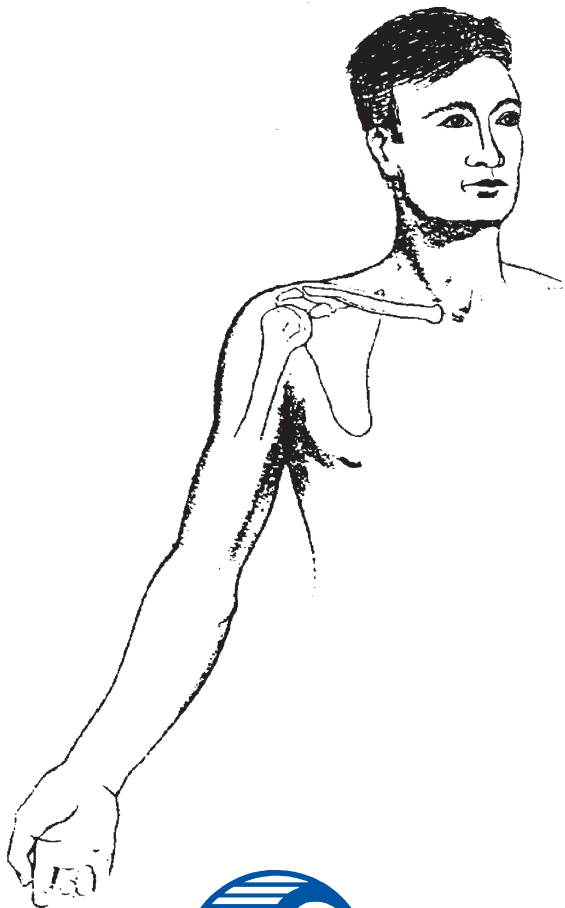


*Common
Causes
of*
Shoulder Pain

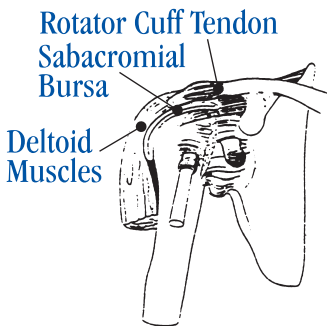


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Shoulder Bursitis

This is a very common disorder which causes pain with use of the shoulder. Bursitis may be caused by a sudden movement of the shoulder or overuse, like painting or wall



washing. The bursa is a fluid sac between the bones and tendons of the shoulder that keeps things gliding smoothly.

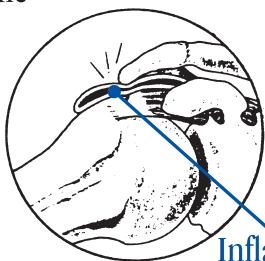
When there is bursitis, the sac swells and catches

with movement, causing pain. It may be quickly treated with a short period of rest and a cortisone injection or pills.

Impingement Tendonitis

This condition is a result of inflammation of the tendons around the shoulder. It may be caused by overuse (like pitching or overhead work) or from a mechanical pinching of the tendon by a bone spur hanging over the front of the shoulder. The complaints of pain, with use, are similar to those with bursitis. The

treatment may also begin the same way, with pills or injections, but usually takes longer to get better. Sometimes physical therapy is helpful. Surgery is occasionally required to remove the spurs.



Frozen Shoulder

Frozen shoulder is a somewhat mysterious problem caused by scar tissue formation around the shoulder joint. It may be related to a minor injury to the shoulder, or be found in people with no injury to the shoulder. It causes pain at night, as well as mechanically limited motion. Treatment with physical therapy and medication will usually relieve the problem. Sometimes the shoulder must be numbed up and moved around to break up the scar tissue.

Shoulder Subluxation

Subluxation is a partial dislocation of the shoulder. It is caused by overstretching of the joint covering. It may have started with a dislocation that didn't completely heal. It is also commonly seen in throwing athletes. Symptoms may include pain with use, clicking, or a "dead arm" feeling in certain positions.

Often, rehabilitation is useful to strengthen the surrounding muscles, and with anti-inflammatory medicine, pain relief can be obtained. Sometimes surgery is needed to tighten the joint.



Labral Tears

Labral tears are injuries to the cartilage cushion in the shoulder joint similar to those commonly seen in the knee. It can be caused from a twisting injury to the shoulder (like bench-pressing). Painful clicking or locking of the shoulder may be felt. Treatment involves therapy and medication. Sometimes arthroscopic shoulder surgery is needed to repair or remove the torn fragment.

Osteoarthritis or Degenerative Arthritis

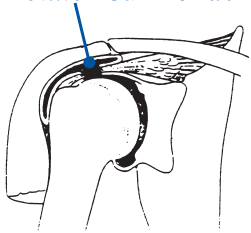
This disorder may be seen in any joint of the body. When the joint surfaces get worn down by wear-and-tear or injury, arthritis develops. Shoulder arthritis causes pain and restriction of motion, possibly with crunching noises heard. Arthritis medications, or injections into the shoulder, may relieve the pain. Joint replacement is available for patients who do not respond to non-surgical treatment.

Rotator Cuff Arthropathy

This is a special type of arthritis caused from a rotator cuff tear that has existed for years. When the hole in the rotator cuff gets large enough, the arm bone shifts upward. The cartilage on the joint surface then gets worn away, and generally causes painful use of shoulder. The part of the joint affected can be replaced to relieve pain.

Rotator Cuff Tears

Torn Rotator Cuff Tendon



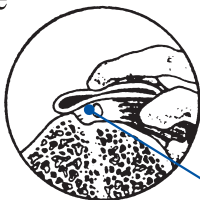
This condition is an actual tear or hole in the tendons over the shoulder. It causes pain with the use of the shoulder, or even loss of motion and strength in the

shoulder. It commonly causes pain, especially at night, or inability to lie on the affected side.

Rotator cuff tears may occur in people over forty years of age simply from wear-and-tear with use, or a small tear may suddenly enlarge with a fall or direct injury. In younger people it is almost always caused by significant trauma. An arthrogram is very helpful in finding a rotator cuff tear. If a rotator cuff tear is neglected, it will get larger, and will eventually result in permanent loss of the ability to raise the arm overhead. It may also result in arthritis. The tendons can often be repaired with surgery, and if a tear is too large to repair, surgery is often useful to relieve pain.

Calcific Tendonitis

This disorder is a tendonitis caused by calcium deposits in the tendons of the shoulder which can be seen on x-rays. Severe episodes of pain in the shoulder may be experienced when the body releases calcium into the joint. There may also be tears in the tendons. If injections do not work, surgery may be needed to correct the problem.



Calcium Deposit



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