

Shoulder Pain

The Shoulder is made up of three bones– the humerus, scapula and clavicle.

The shoulder also contains multiple ligaments, tendons and muscles.



- Common Causes of Shoulder Pain**
- Impingement Syndrome
 - Bursitis
 - Rotator Cuff Tear
 - SLAP lesion

Impingement Syndrome involves one or a combination of problems: inflammation of the bursa located in the shoulder to provide lubrication for ease of movement (bursitis), irritation or tendonitis of the rotator cuff, arthritis or bone spurs in the shoulder bones. Tendons, bursa or rotator cuff become “pinched” between the bones of the shoulder. Treatment includes : rest of offending activity, anti-inflammatory medication, cortisone injections, physical therapy, and in severe cases, surgery for sub-acromial decompression.

Bursitis
Inflammation the bursa within the shoulder. The bursa’s job is to provide lubrication for the easy movement of the shoulder. When the bursa become inflamed, pain and difficulty in moving shoulder ensues. Bursitis can cause impingement syndrome. Treatment involves resting the affected shoulder, ice, medication and physical therapy.

Rotator Cuff Tear
The rotator cuff is a group of four muscles and tendons which surround the humerus and hold it into the shoulder joint. It also allows the arm to be lifted above the head and rotate the arm. The cuff can be inflamed, strained or torn. Mild inflammation and small tears can be treated with rest, physical therapy to strengthen the cuff, ice and medication. More severe cases may require surgery to repair the tear and make extra room in the shoulder by decompressing the acromium, part of the clavicle. See rotator cuff tear in MRI below.



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SLAP Lesion (Superior Labrum Anterior to Posterior)
A tear that occurs in the labrum, a soft fibrous tissue rim which surround the shoulder socket to help stabilize the shoulder joint. In plain English, upper rim, front to back tear. This tear often occurs when the patient falls on an outstretched arm, but can occur after rotator cuff tendonitis or tear. Many SLAP tears can be treated with rest and physical therapy, but surgery is often required.

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