

## Shoulder Injuries and Rehabilitation

Minor shoulder problems, such as sore muscles and aches and pains, are common. Shoulder problems develop from everyday wear and tear, overuse, or an injury. They can also be caused by the natural process of aging.

The shoulder is a ball-and-socket joint with three main bones: the upper arm bone (humerus), collar-bone, and shoulder blade. These bones are held together by muscles, tendons, and ligaments. The shoulder joint has the greatest range of movement of any joint in the body. Because of this mobility, the shoulder is more likely to be injured or cause problems.

Shoulder problems can be minor or serious. Symptoms may include pain, swelling, numbness, tingling, weakness, changes in temperature or color, or changes in your range of motion. Shoulder injuries most commonly occur during sports activities, work-related tasks, projects around the home, or falls. Home treatment often can help relieve minor aches and pains.

Acute Injuries are the most common cause of shoulder pain. A sudden (acute) injury may occur from a fall on an outstretched arm, a direct blow to the shoulder, or abnormal twisting or bending of the shoulder. Pain may be sudden and severe. Bruising and swelling may develop soon after the injury. If nerves or blood vessels have been injured or pinched during the injury, the shoulder, arm, or hand may feel numb, tingly, weak, or cold, or may look pale or blue. Acute injuries include contusions, sprains, strains, separation, dislocation, and fracture.

Subacute and Chronic Injuries often do not have a specific event— especially if symptoms began gradually or during everyday activities. Overuse injuries occur when too much stress is placed on a joint or other tissue, often by overdoing an activity or through repetition of an activity. Overuse injuries include bursitis, tendinitis, impingement, and frozen shoulder:

Less Common Causes include calcification, infection, and cancer.  
Treatment for a shoulder injury may include:

R.I.C.E for acute injuries

Rotator cuff stabilization

Muscle balancing/toning

Postural balancing

Ergonomic evaluation of workstation