

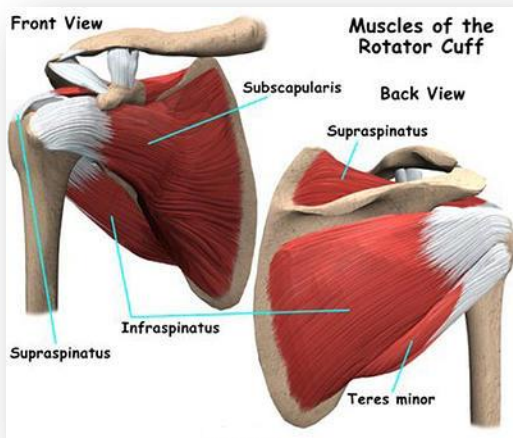
The Shoulder: 3 Commonly Seen Injuries

1. Rotator Cuff Strain/Sprain: the rotator cuff is group of tendons and muscles in the shoulder where the tendons provide stability to the shoulder and the muscles allow the shoulder to rotate.

-Injury to the rotator cuff includes sprains (tendons), strains (muscles), or tendonitis.

-Severity is dependent upon number of muscles and tendons involved, stretched vs torn, and to the degree the muscle/tendon is torn.

-RX: rest/immobilization, ice, ultrasound/e-stim, NSAIDs, stretching, exercise, injections and/or surgery.



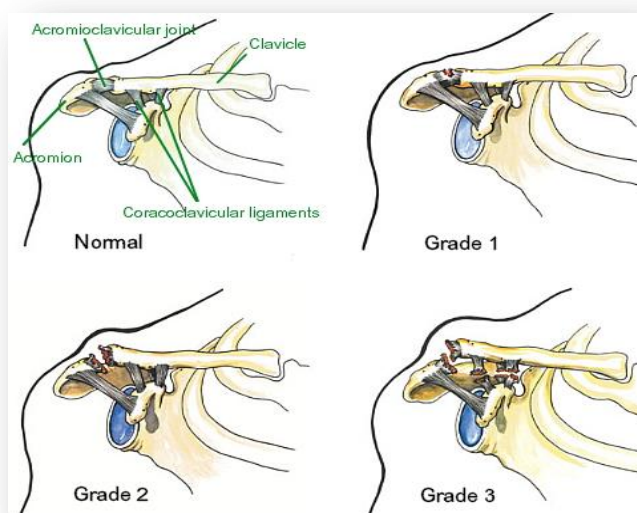
2. Acromioclavicular joint sprain (AC

joint)-the AC joint is where the collar bone (clavicle) meets the shoulder blade (scapula) and functions to raise the arm above the head in the shoulder.

-Injury to the AC joint occurs when the ligaments connecting the acromion and clavicle have been damaged, and the two structures no longer line up correctly.

-Severity is dependent upon which ligaments are torn and how badly they are torn.

-RX: rest/immobilization, ice, NSAIDs, compression wrap, stretching/strengthening exercises, and/or surgery.



3. Shoulder Dislocation/Subluxation-

-a shoulder dislocation occurs when the head of the humerus (upper arm bone) pops out of the shallow shoulder socket of the scapula and remains out. A subluxation is when the head of the humerus slips out of the socket momentarily and then snaps back into place.

-Injury can happen when a strong force pulls the shoulder upward or outward, or from an extreme external rotation of the humerus.

-Severity depends on if the injury is a partial (subluxation) or complete dislocation.

-RX: dislocation-requires relocation by a physician then both treatment may consist of rest/immobilization, ice, NSAIDs, stretching/strengthening exercises, and/or surgery.

