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SPECIALIZING IN

CARPAL TUNNEL SYNDROME
TRIGGER FINGER
DEQUERVAIN TENOSYNOVITIS
WRIST GANGLION
THUMB ARTHRITIS
TENNIS ELBOW
CUBITAL TUNNEL SYNDROME
FLEXOR TENDON INJURY
FRACTURES
DUPUYTREN'S CONTRACTURE
WRIST ARTHROSCOPY
BOUTONNIERE DEFORMITY
KEINBOCK DISEASE
BICEPS TENDON RUPTURE
REFLEX SYMPATHETIC DYSTROPHY
SHOULDER IMPINGEMENT



**LOWCOUNTRY
ORTHOPAEDICS**
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Healthcare

SHOULDER PAIN

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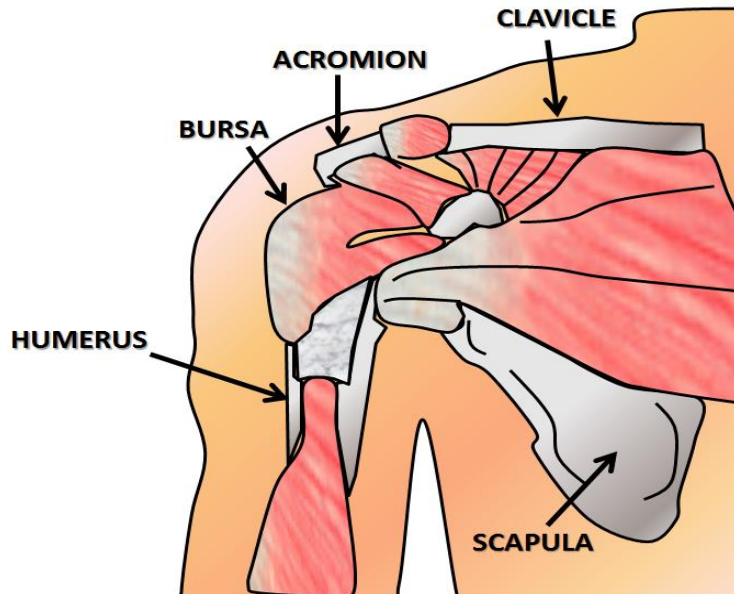
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What causes shoulder pain?

Your shoulder is made of the upper arm bone (humerus), shoulder blade (scapula), and collarbone (clavicle). Your arm is kept in the shoulder joint by the rotator cuff, which are muscles and tendons. There is a cushion (bursa) near the rotator cuff. Rotator cuff pain is common in young athletes and middle-aged people who do repetitive overhead activities. In **Tendinitis**, the rotator cuff tendons are irritated or damaged. In **Bursitis**, the bursa is inflamed and swollen. **Impingement** happens when the acromion rubs against the bursa when you raise your arm.



Reproduced from <http://orthoinfo.aaos.org/topic.cfm?topic=A00032>.

What are the symptoms?

- Pain radiating from the shoulder to the side of the arm
- Pain with lifting, overhead activities and lying down at night
- Loss of strength and motion
- Difficulty doing activities that place the arm behind the back

What tests will I need?

- **X-Rays:** to rule out any abnormal bone structures that may be causing your pain.
- **MRI:** to see if the tendons or muscles are damaged.

How is it treated?

- **Conservative treatment:** avoiding overhead activity with your arm, also ice or heat.
- **Anti-inflammatory Medicine:** controls swelling. These include naproxen, ibuprofen, and meloxicam.
- **Steroid injections:** anti-inflammatories injected into the shoulder joint. This can be repeated every 3 months.
- **Physical Therapy:** to strengthen, stretch, and increase your range of motion.
- **Surgery:** this can be done arthroscopically or open.

What do I need to know about surgery?

- You will be contacted within 2 weeks of your pre-op appointment for pricing and scheduling.
- The surgery will last 90 minutes and you will go home the same day.
- Your surgeon will make 3 incisions on the front, back and side of your shoulder.
- You will have a sling for 2 weeks for comfort.
- You can begin lifting immediately after surgery unless the rotator cuff tendon needs to be repaired.
- At your 2 week follow up visit, the sutures and bandage will be removed, and you will begin scar massage.
- Full recovery is expected by 6-8 weeks after this surgery.