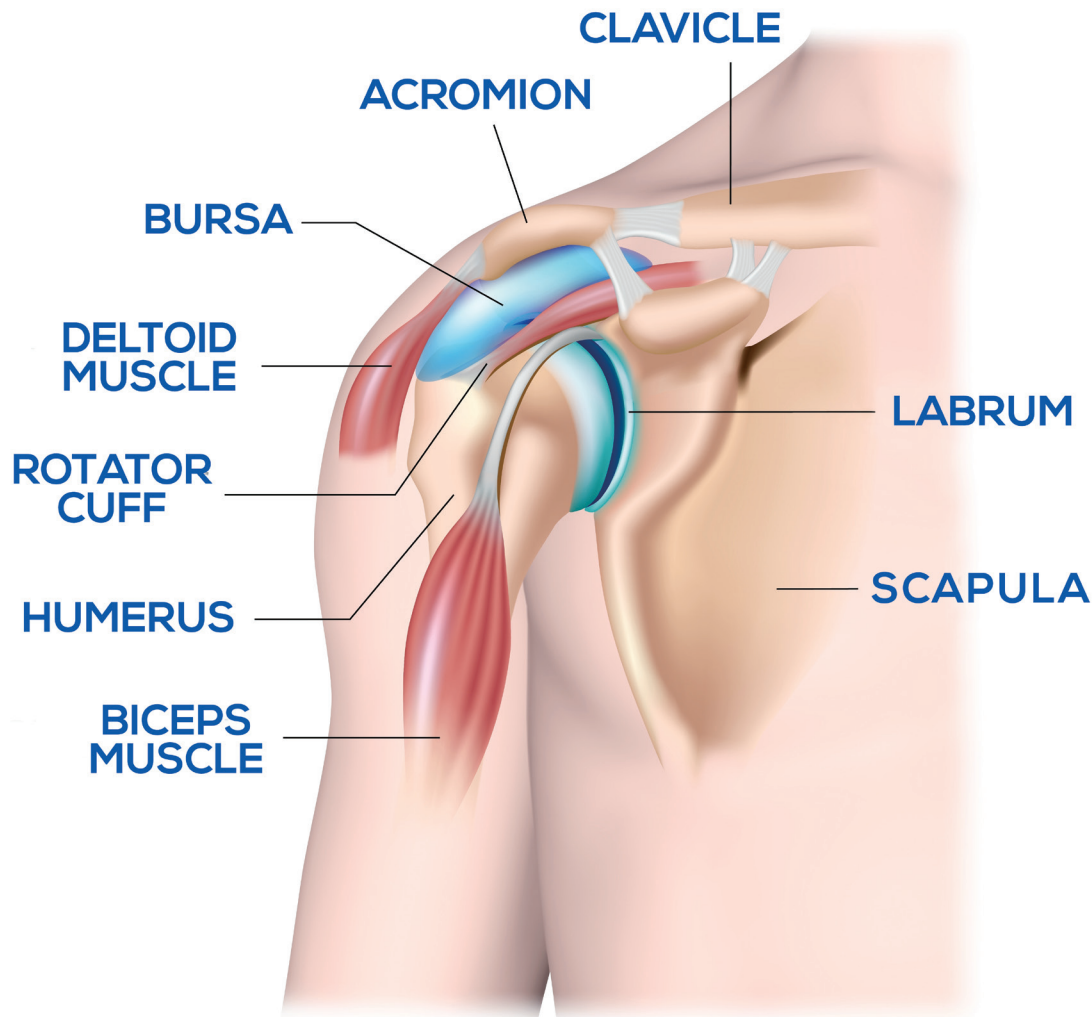


THE SHOULDER

Anatomy: The shoulder joint is the connection between the upper arm bone, shoulder blade, collar bone, and supporting muscles and tendons. When one or more parts of the shoulder joint do not work properly, the joint develops poor movement patterns, which can result in pain, decreased strength, or decreased range of motion.



Glenohumeral (Shoulder) Joint:

Glenoid (socket), humerus (upper arm bone), scapula (shoulder blade), acromion, clavicle (collar bone), rotator cuff (supporting muscles and tendons), and labrum (ligamentous rim).

Motion and Stability:

The ball-and-socket design of the shoulder joint allows for a large range of motion, but in doing so, leads to less stability as the socket depth is shallow. Together, the labrum and rotator cuff hold the head of the humerus (ball) in the socket in a balance between freedom of motion and stability.

COMMON SHOULDER PROBLEMS

- » **Osteoarthritis (OA)** is the most common chronic condition of joints that occurs over time as the cartilage between bones slowly wears away. Cartilage typically covers the ends of bones and provides a smooth gliding surface, bone protection, and joint cushioning. Common symptoms are pain, inflammation, stiffness, and bone spurs.
- » **Rheumatoid Arthritis (RA)** is an autoimmune disease that breaks down cartilage in joints and creates joint inflammation. This disease commonly affects small joints on both sides of the body at the same time, often in the hands, feet, and arms.
- » **Bursitis or Tendonitis** is inflammation of the joint due to repetitive or overuse injuries. It is usually caused by pinching and rubbing of the bursa, tendons, and underlying structures between bones, and often creating pain with movement.
- » **Instability** is a frequently occurring injury involving the shoulder capsule, ligaments, labrum, and muscles that can lead to an increased risk for dislocations. Surgery may be required to increase stability depending on the extent of the injury.
- » **Labrum Tear** is a tear or detachment of the ligamentous rim that deepens the socket to the shoulder joint. The labrum also serves as the attachment site for tendons. Labrum injuries are often caused by motions above the shoulder, falls, or a dislocation.
- » **Impingement** is the result of poor movement patterns, often overhead, that damage the rotator cuff, cause chronic inflammation, and compress the joint space. Bone spurs may further compress tendons. Surgery may be required to repair the damaged tendons, create more space in the joint, or remove bone spurs.
- » **Rotator Cuff Tears** involve one to all four tendons that support the shoulder joint: supraspinatus, infraspinatus, teres minor, and subscapularis. The tendons of these muscles can tear partially or completely, leading to weakness, clicking, popping, or difficulty raising your arm.