

Shoulder Pain: What You Need To Know

Causes of Shoulder Pain

Shoulder pain can be caused by:

- overuse of muscles and tendons
- injury to any part of the shoulder
- arthritis in the shoulder joint.

Treating Shoulder Pain

There are some things you can do at home to help relieve your pain.

- Rest. Follow your health care provider's advice for how long to rest your shoulder.
- Use an ice pack or bag of frozen vegetables wrapped in a clean cloth.
 - Put it on your shoulder for 20 minutes at a time.
 - Ice your shoulder every 4 hours.
- Use over-the-counter pain medicine. Follow your health care provider's directions.
- Use moist heat to warm up the area before you do any exercises.
 - Soak a towel in a bowl with hot water that is not scalding.
 - Wring out the extra water.
 - Put the towel on your shoulder for 20 minutes at a time.
 - Repeat every 4 hours.
- Do exercises as suggested by your health care provider.

Your health care provider may also suggest:

- physical therapy
- a steroid injection
- referral with a provider in sports medicine, orthopedics or both.

Confirming the Source of Pain

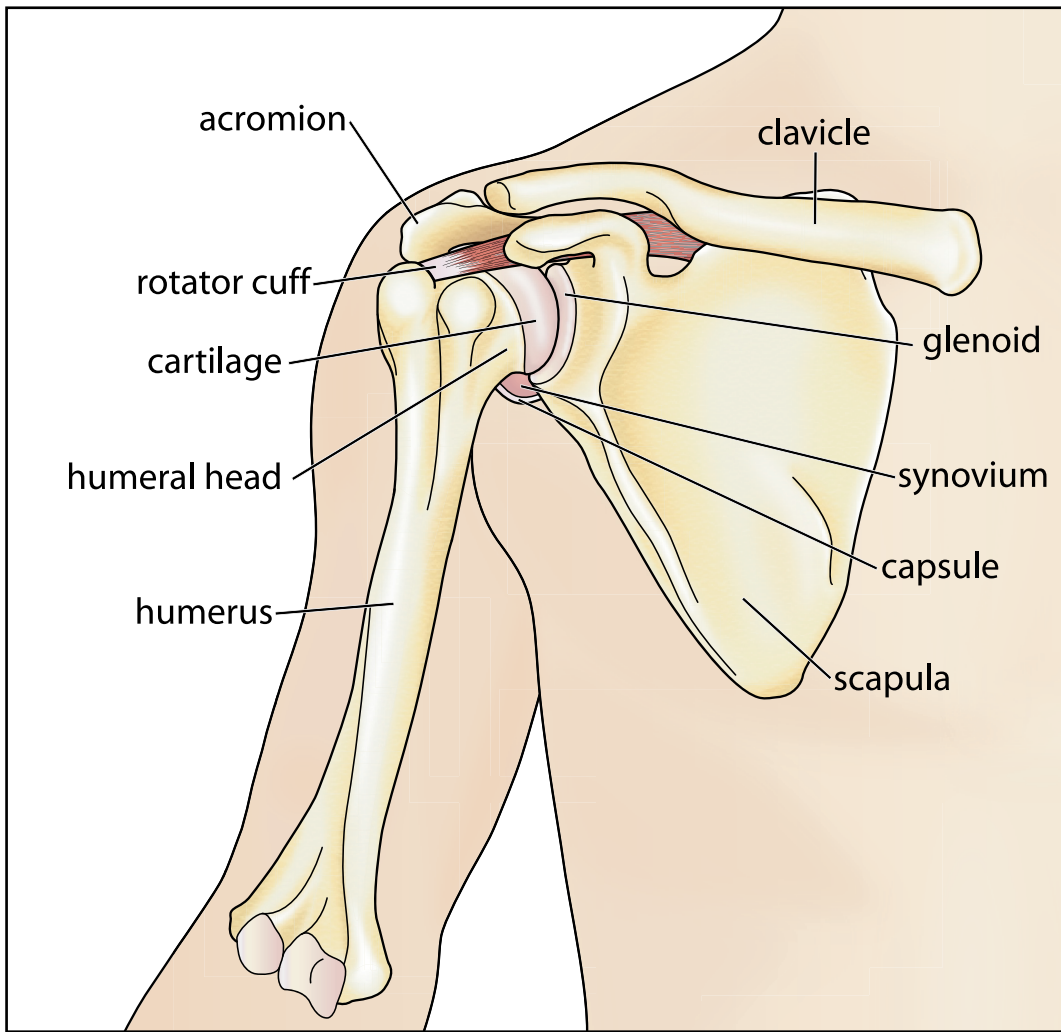
- Your health care provider will examine your shoulder and talk with you about your pain.
- You may need an X-ray to look for arthritis, bone break or dislocation.
- If your provider thinks you may need shoulder surgery, you may need an MRI (magnetic resonance imaging) to look for injury to a muscle, tendon, cartilage or ligament.

When to Contact Your Health Care Provider

Contact your health care provider if:

- you injure your shoulder again
- you have any weakness in your shoulder
- your pain gets worse after 2 weeks
- you have new pain
- you have questions or concerns.

(over)



© Allina Health System

Your shoulder is one of the most mobile joints in your body. It allows you to move your arm to the front, above, to the side and behind your body.