

SHOULDER INSTABILITY

*Understand your injury.
Know your next steps.*

What keeps my shoulder stable?

The shoulder relies on two types of stabilizers to achieve stability. First, the rotator cuff muscles stabilize the shoulder while moving and are referred to as dynamic stabilizers. In a healthy shoulder these muscles and tendons move the shoulder while keeping the joint surfaces in close contact.

The second type of shoulder stabilizer, the ligaments and joint capsule, are referred to as the static stabilizers. When the shoulder is stretched to the end of the normal range of motion, these tissues act as a counter force and prevent the joint from stretching further. However, there is a limit to the amount of force a ligament can withstand. If that limit is surpassed, the ligament can be either stretched or torn.

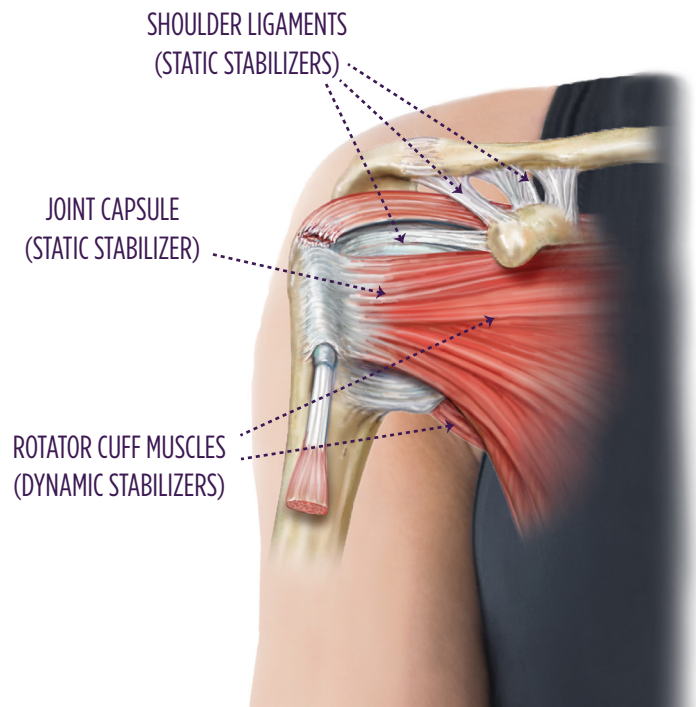
What are the symptoms?

- >> A sense that the shoulder is “coming-out of socket” in certain positions
- >> Generalized weakness of the shoulder
- >> Pain when performing specific activities
- >> Painful clicking and popping
- >> Occasional numbness and tingling in the affected extremity

How did my specialist diagnose it?

A discussion of your symptoms, a physical examination, and X-rays are useful for a diagnosis. Your specialist may recommend having an MRI scan as well.

SHOULDER VIEW FROM THE FRONT



For expert advice on how to stay healthy and active, visit summitortho.com.



APPOINTMENTS (651) 968-5201

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What are the treatment options? What does my specialist recommend?

Your shoulder specialist has developed a treatment plan based on your specific situation. His or her recommendation for you has been selected from the treatment options below.

	TREATMENT	DESCRIPTION	MY NEXT STEP
<input type="checkbox"/>	ICE	Placing a bag of ice directly on the shoulder for twenty minutes prevents swelling and inflammation from occurring inside the shoulder.	Contact us if symptoms do not improve (651) 968-5201
<input type="checkbox"/>	PHYSICAL THERAPY	A therapist can work with you to help you alleviate the symptoms and correct the abnormality causing this condition.	Set up a physical therapy appointment (651) 968-5600
<input type="checkbox"/>	WELLNESS	Start with a free wellness consult to explore your goals and what tools are available to you.	Set up a wellness consultation: (651) 968-5766
<input type="checkbox"/>	INTEGRATED PHYSICAL THERAPY AND WELLNESS	Our team of physical therapists, performance specialists, and registered dietitians works collaboratively with you in designing an integrated rehabilitation plan that will help you reach your full potential.	Set up an integrated consultation: (651) 968-5766
<input type="checkbox"/>	SURGERY	If you fail to improve after non-surgical care, your specialist may wish to intervene surgically. Your specialist can discuss the details of the surgery with you should it become necessary.	Set up surgery appointment (651) 968-5201

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