

Shoulder Pain

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September, 2017

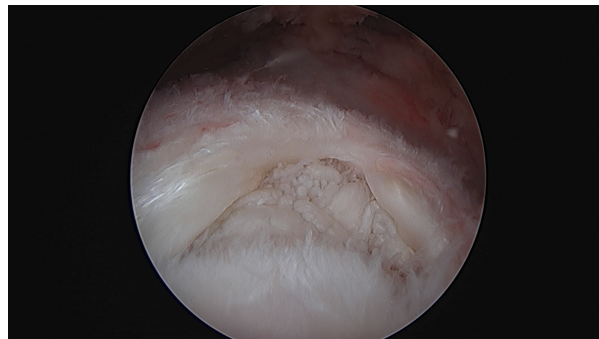
Shoulder pain affects thousands of people a year. Most of the time the pain resolves on it's own and people can get back to their normal activities. When this does not happen, people often seek medical attention from an orthopaedic surgeon who specializes in the shoulder to help alleviate their symptoms.

Shoulder pain has many causes from bursitis and tendonitis to tendon tears and arthritis and it is the surgeon's job to determine the cause and form a treatment plan help resolve the issue. Many times with bursitis or tendonitis, a simple cortisone injection into the shoulder and formal physical therapy will resolve the symptoms and return the patient to enjoying life. Unfortunately, there are times when additional treatment is necessary.

Treatment is based on pathology and pathology is different for each patient. For example, many people know what a rotator cuff tear is, but assume all tears are treated the same. A tear can be acute, chronic, small, or large. The tear can be composed of good or poor quality tissue and a patient could even have a re-tear following previous surgery. A rotator cuff tear can involve more than one tendon. It can also be associated with additional diagnoses. A tear can occur in an older individual with little demand for their shoulder or in someone with high demands from their shoulder such as a laborer.

As previously mentioned, shoulder problems come in all shapes and sizes and each patient's shoulder requires it's own unique treatment. Here at Lakeshore Bone & Joint Institute we can treat all shoulder pathology no matter what the problem. This article touches on some general principles regarding the treatment of shoulder pathology as well as the newest technologies performed worldwide and right here at Lakeshore Bone & Joint Institute.

Small Rotator Cuff Tears



Large Rotator Cuff Tear

