

Injuries to the Shoulder

By Breanna Braun, Certified Athletic Trainer
Bay Area Medical Center

AC JOINT SPRAIN (SHOULDER SEPARATION)

What is a shoulder separation?

It is a separation or sprain to the acromioclavicular (AC) joint. It occurs when you tear the ligaments that hold your collarbone (clavicle) to where it meets the shoulder blade (scapula). Your clavicle may move out of its normal place and push up the top of your shoulder.

AC sprains are graded I, II, or III, depending on how far the collarbone is separated from the shoulder. A grade I sprain has tenderness but no actual separation. A grade II sprain has slight separation and grade III has a greater separation.

How Does It Occur?

An AC sprain can result from a blow to your shoulder or a fall on your shoulder. It also can result from a fall on your out-stretched hand or arm. It is a common injury in contact sports such as football, rugby, hockey, and lacrosse.

Symptoms include:

- Severe pain at the time of injury
- Limited shoulder movement
- Swelling and bruising
- A misshapen shoulder
- Tenderness on top of your shoulder at the end of your clavicle

Treatment includes:

- Ice/pain medications
- Sling or shoulder immobilizer to allow ligaments to heal
- Rehabilitation to regain motion and strength

ROTATOR CUFF TENDINITIS

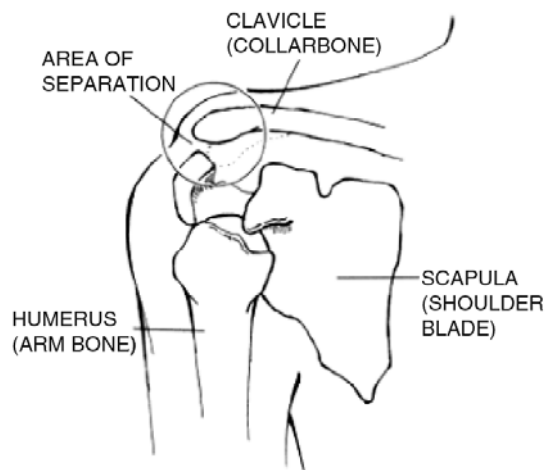
What is Rotator Cuff Tendinitis?

The humerus (the upper arm bone) is connected to the shoulder by muscles and tendons. Four of these muscle-tendon groups form the rotator cuff, which controls rotation of the arm out away from the body and stabilizes the shoulder.

Rotator cuff tendinitis can also be associated with other shoulder injuries, including impingement, bursitis, or biceps tendinitis. These are all different names for the same process; pain and swelling of the cuff tendons and the surrounding bursa (a soft sack that contains a small amount of fluid and cushions the joint).

What Causes Rotator Cuff Tendinitis?

Rotator cuff tendinitis does not occur all at once. Usually it happens over a long period of time with repeated irritation to an area caused by repetitive motion. Lifting or moving your arm overhead may cause pinching of one or more of the tendons of the rotator cuff.



How is it treated?

- Rest until the pain and swelling subside
- Therapeutic exercises, gentle stretching and strengthening to preserve full motion
 - Exercises above shoulder level should be avoided because they will only continue to pinch the tendons and increase inflammation.
- **Ice:** Putting ice on the shoulder reduces pain and inflammation.
- **Anti-inflammatory drugs:** Ibuprofen, Advil, Aleve, etc. as directed by doctor
- **Steroids:** If other treatments do not work, physicians may use a steroid injection to reduce inflammation and pain.

SHOULDER DISLOCATION

What is a Dislocated Shoulder?

Your shoulder is made up of two bones: the ball (the upper end of the humerus) and the socket (part of the scapula). Dislocation happens when the humerus is pulled out of the socket and does not return. An athlete can also have a subluxation, or partial dislocation. When the humerus is dislocated in front of the socket, it is called an anterior dislocation. When it is dislocated behind the socket, it is called a posterior dislocation. In severe cases, ligaments, tendons, and nerves also can be stretched, injured and damaged with dislocation.

How Does It Occur?

Anterior dislocation, which is caused by a fall onto an outstretched hand or the shoulder itself, is the most common dislocation. Anterior dislocations can also occur when the arm is up and away from the body (see picture) and is forced back or grabbed. A posterior dislocation is caused by a force at the front of the shoulder, or hand



that is out in front of an athlete (like a football offensive linemen). Dislocated shoulders are more common in contact sports.

Continued on Back



Thomas E. Leow, Jr., MD
ORTHOPAEDIC SURGEON

Bay Area Mobility Center is your sports medicine & rehab headquarters.

Let Dr. Thomas Leow and the experts at BAMC jump start your recovery with same-day care for sports-related injuries, featuring 24-hour results on MRI & CT scans and X-rays.

For more information, call 715-732-8200, or see Dr. Leow's profile on 'Find a Physician' at www.bamc.org.

To opt out of this newsletter, send an e-mail to shuntley@bamc.org with Sidelines Unsubscribe and your school district name in the subject line.

Injuries to the Shoulder

Continued from Front

What are the Symptoms?

- Pain in your shoulder and upper arm that is made worse by movement.
- Anterior dislocation will cause a large bump rising up under the skin in front of your shoulder. Your shoulder will look square instead of round.

What is the Treatment?

You should go to the emergency room immediately. Only a trained medical professional should reduce (put back in place) a dislocated shoulder. Once it is reduced, you can use ice, medication and a sling to control pain. You should also see a physician to evaluate whether there were other associated injuries that need to be addressed or if you need further treatment (physical therapy, bracing). Many young people who dislocate have recurrences, and may need surgery. Also, other injuries within the joint (tears to the rotator cuff, labral tears, etc.) may have occurred that could need surgery.

Rouzier, Pierre. *The Sports Medicine Patient Advisor*. Amherst, MA: SportsMed Press, 1999.

"Shoulder Separation" *Your Orthopaedic Connection*. Updated Jan 2006. American Academy of Orthopaedic Surgeons. 10 April 2006 http://orthoinfo.aaos.org/fact/thr_report.cfm?thread_id181&topcategory=Shoulder

Halperin, David. "Shoulder Dislocation". *eMedicine from WebMD*. Updated 10 Aug 2005. 10 June 2006. <<http://www.emedicinehealth.com/script/main/art.asp?articlekey=59224&pf=3&page=1>

McFarland, Ed; Cosgarea, Andrew; Krabak, Brian. "Patient Guide to Rotator Cuff Tendinitis." *InteliHealth*. Updated 22 January 1999. 10 April 2006. <http://www.intelihealth.com/IH/ih/IH/WSIHW000/7165/9263/208492.html?d=dmContent>

Injuries to the Shoulder

- AC sprains usually heal well with proper use of RICE and exercise
- Changing activities is essential to rotator cuff tendonitis treatment
- Shoulder dislocations require trained personnel to relocate

Sidelines

A newsletter to promote sports health, injury prevention and recovery of student athletes



Winning is not everything, but wanting to win is.

■ VINCE LOMBARDI

Bay Area Mobility Center – your sports medicine and rehab headquarters

3100 SHORE DRIVE
MARINETTE, WI 54143

