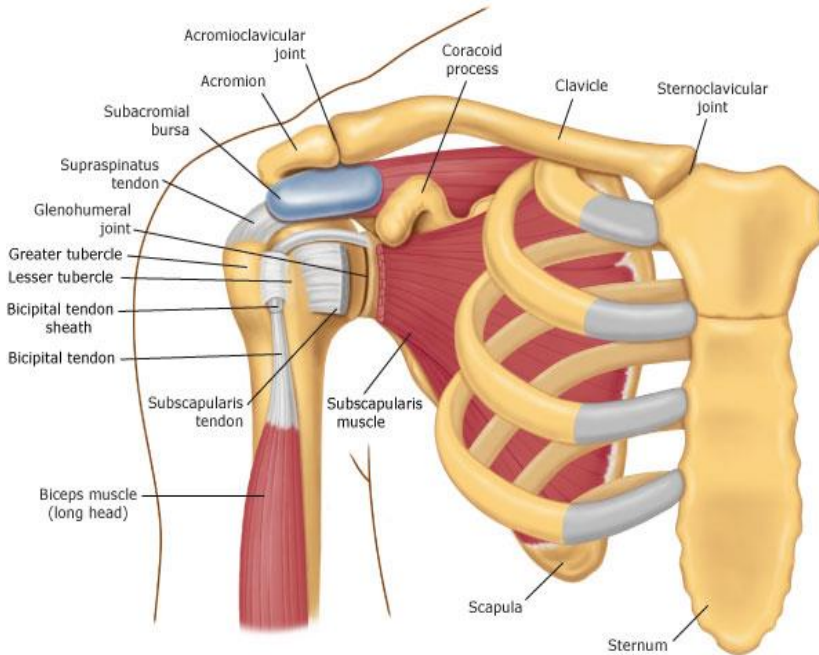


COMMON SHOULDER INJURIES

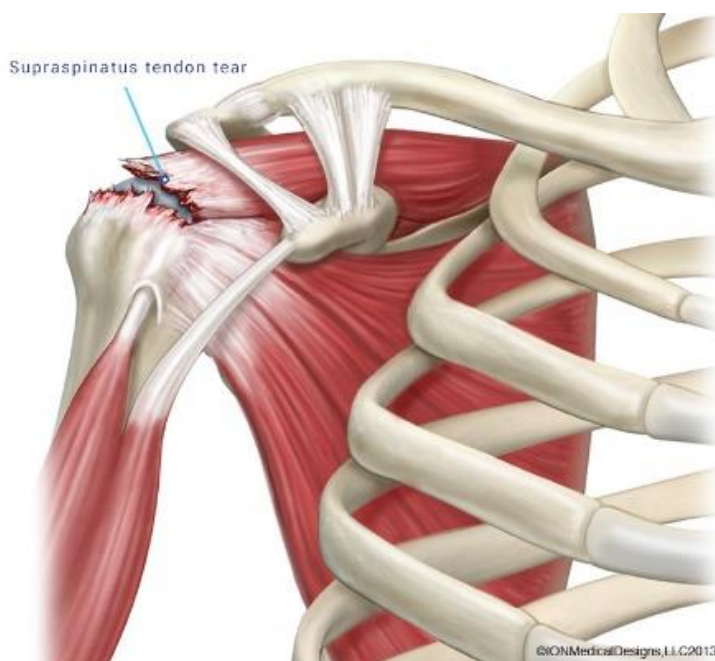
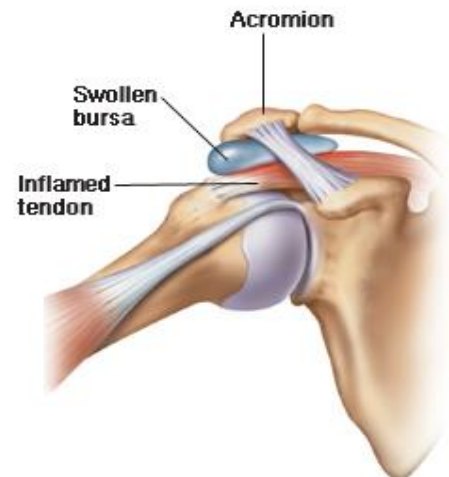


Anatomy

The bony aspects of the shoulder complex include your shoulder blade (scapula), collar bone (clavicle) and arm (humerus). The acromioclavicular joint (AC joint) is where your collar bone attaches to your shoulder blade and the glenohumeral joint is where your shoulder blade attaches to your arm. The rotator cuff muscles attach from your shoulder blade across the glenohumeral joint. There is a fluid filled sack called a bursa which lies under the AC joint which reduces friction.

Bursitis

Bursitis is inflammation of the bursa which can occur from repetitive reaching activities, where the bursa becomes impinged and irritated over time. Bursitis can also result from acute trauma that causes compression of the bursa.



Rotator Cuff Tear

The rotator cuff is made up of four muscles which work together to stabilize the shoulder joint and keep it centered as you raise your arm. The tendons that attach these muscles across the shoulder joint can become damaged due to a traumatic injury, degenerative changes or repetitive strain. The most commonly injured rotator cuff tendon is the supraspinatus tendon, which travels under the AC joint where it is predisposed to becoming pinched with reaching activities.