



Smith & Thomas
Injury Rehabilitation Centre



Injury Conditions

Article: 6

Shoulder Pain



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The shoulder is one of the most difficult and complex joints in the body to diagnose and treat, purely because of the amount of tissue in the area. Smaller joints in the same area can have huge impact on the shoulder if they become injured.

Rotator Cuff Tear

This is caused when sudden exercise pressure is put on the muscle, causing a demand that the muscle cannot meet resulting in a tear.

Symptoms

- Severe pain.
- Rapid swelling.
- Huge loss of range of motion.

Shoulder Dislocation

When the shoulder is rotated outwards and backwards it causes the shoulder to come out of its joint. Very common in contact sports, especially one on one combat sports.

Symptoms

- Clear deformity.
- Huge amount of pain.
- Total loss of range.

Impingement Syndrome

This occurs when one of the tendons gets trapped. The tendon then begins to rub and causes things like overhead racket sports to become very painful.

Symptoms

- Loss of range of motion.
- Gradual onset.