

Ways to relieve shoulder pain

Contributed by Dr. Sheldon Martin, orthopedic shoulder specialist at Banner Desert Medical Center.

Question: I can only lift my arm to about mid-shoulder. Will I need surgery to have full use of my arm?



Ask the Expert

DR. SHELDEN MARTIN

Special for The Republic and arthritis of either the shoulder joint or the AC joint (where the collar bone meets the shoulder). If simple remedies do not work, you should see an orthopedic surgeon for a more ad-

Answer: Shoulder injuries are commonplace but vary depending on age, daily activities and any history of accident or previous trauma.

Some of the more common diagnoses of shoulder pain or limited movement of the arm are tendonitis (inflammation) of the rotator cuff or biceps tendon, rotator-cuff tears, cartilage tears inside the joint, a frozen shoulder

vanced diagnosis and treatment.

Treatments could be as simple as a steroid injection in or around the shoulder or physical therapy and rest. Or, you could be required to have need surgery.

Advances in surgical techniques have allowed most shoulder surgeries to be minimally invasive with the use of a camera and microscopic instruments. More advanced arthritic conditions may require a shoulder replacement.

A shoulder replacement includes fitting a metal ball with a stem inside the arm bone, while the socket is resurfaced with a high-density polyethylene component. A new type of technology called a reverse shoulder replacement allows the shoulder replacement to be performed in the setting of advanced arthritis, secondary to a long-standing rotator cuff-tear.

Research has shown that even after shoulder-replacement surgery, almost 75 percent of patients return to sports activities within six months after surgery.

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