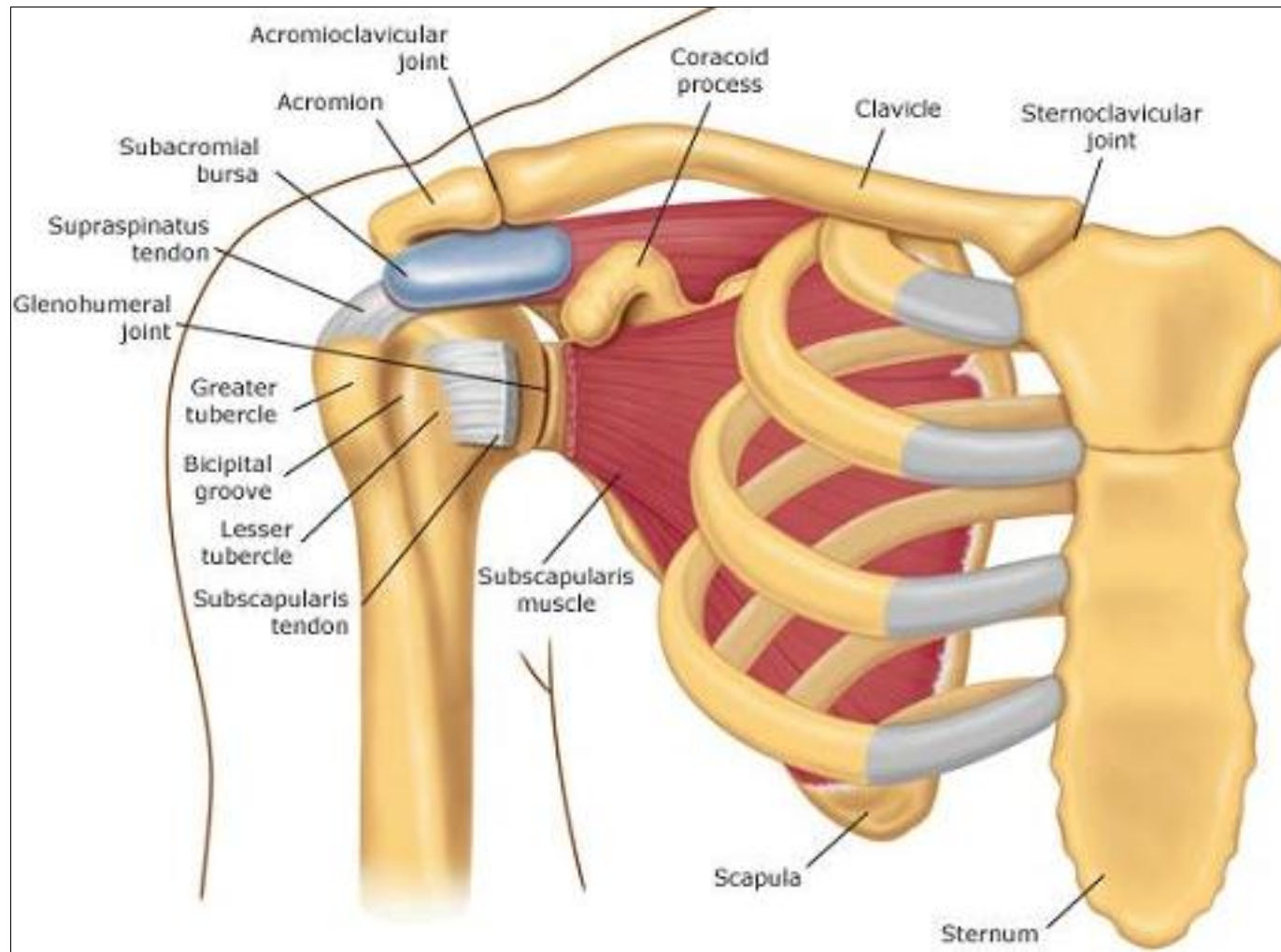
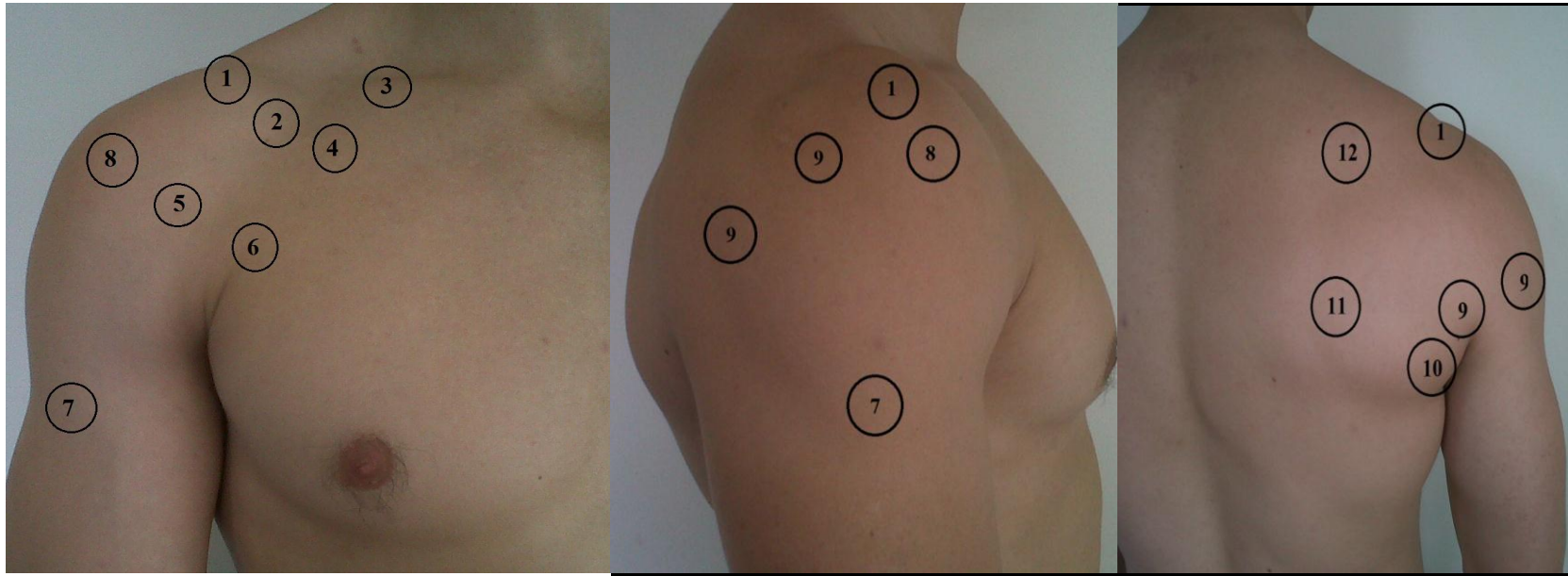


SHOULDER PAIN





<u>Area of Pain</u>	<u>Structure Involved</u>	<u>Traumatic Injury</u>	<u>No Trauma, Chronic Overuse Injury</u>
1	Acromioclavicular (AC) Joint.	AC Joint sprain, clavicle fracture, shoulder muscle contusion.	Osteoarthritis in the AC joint, clavicle osteolysis.
2	Deltopectoral Triangle.	Subscapularis muscle strain.	Subscapularis Tendonitis, Capsulitis
3	Clavicle Bone	Fractured clavicle.	Pectoral muscle strain.
4	Coracoid Process	Coracoid Fracture, Coracoid Bursitis.	Pectoralis Minor Tendonitis.
5	Biceps Tendon	Biceps muscle Strain.	Biceps Tendonitis
6	Pectoralis Major Muscle	Pectoralis Major Muscle Strain/ Rupture.	Pectoralis Major muscle strain/ tendonitis.
7	Deltoid Tubercle	Bruise/ Haematoma, Myositis Ossificans.	Supraspinatus muscle tendonitis/ trigger points, C5 nerve root or joint irritation, Deltoid muscle strain.
8	Supraspinatus Muscle Insertion Subacromial Bursae	Supraspinatus muscle rupture.	Impingement Syndrome, Bursitis, supraspinatus tendonitis.
9	Infraspinatus muscle and Teres Minor tendons.	Contusion, muscle strain and trigger points.	Infraspinatus and Teres Minor tendonitis/ trigger points.
10	Teres minor tendon, Triceps tendon.	Contusion, muscle strain and trigger points.	Teres Minor or Triceps Tendonitis, Quadrilateral Space Syndrome.
11	Infraspinatus Muscle, Scapula bone	Scapular Fracture, Muscle Trigger Points.	Muscle Trigger Points, Scapular Clicking

			Syndrome (Bursitis).
12	Scapular Bone (superomedial border), Levator Scapulae Muscle	Cervical Disc Pain radiation and joint sprains.	Levator Scapulae Syndrome. Cervical Facet syndrome, Muscle Trigger points.

SOME OTHER SHOULDER PROBLEMS...

<u>Condition</u>	<u>Causes</u>	<u>Symptoms</u>
Impingement Syndrome	Repetitive overhead activities (throwing, tennis, swimming), rotator cuff strains, Bursitis.	Shoulder pain with overhead activities,
Rotator Cuff Tear/ Strain	Chronic overuse, poor shoulder biomechanics, single traumatic event and lifting/ pulling. Can be Grade 1, 2 or 3.	Sudden shoulder pain with overhead/ lifting activities, shoulder muscle spasms.
Adhesive Capsulitis (Frozen Shoulder)	Can be caused by periods of immobilisation, trauma, arterial disease, cervical conditions and surgeries.	A period of shoulder pain lasting for weeks followed by a period of gradual stiffening in the shoulder as the pain resolves.
Labrum Tear	Trauma, ageing, degeneration, chronic overuse, shoulder instability and weakness.	Painful, mechanical, locking and ‘clunking’ sounds on certain shoulder movements.
Calcific Tendonitis	Calcium deposit in the supraspinatus muscle. Caused by chronic shoulder dysfunction, supraspinatus muscle strain and sedentary lifestyles.	Recurrent shoulder complaints, aggravated by overhead activities. Stabbing pain if acute and constant ache if chronic. Worse at night.