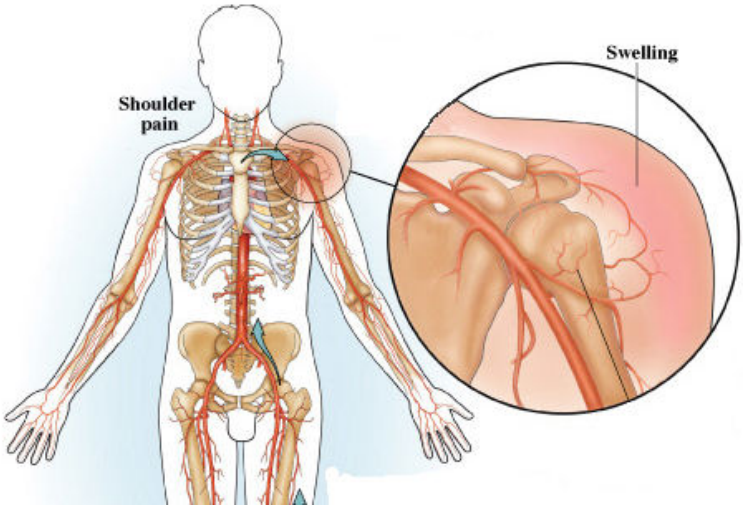
Shoulder Pain

The shoulder is a ball and socket joint. It is made up of the upper arm bone and the shoulder blade. Many muscles and tendons hold the joint together. Many types of injuries and medical problems can cause pain in one or more parts of the shoulder.

Sometimes, X-rays or other tests help find why there is shoulder pain. Treatment might include:

- Keeping the shoulder still for several days.
- Wearing a sling.
- Applying ice.
- Prescription medicines.
- Small shots of medicine.
- Physical therapy.
- Specific exercises.

Surgery may be needed if there are serious problems with the shoulder. Your doctor will help you with the best treatment for your or your child's specific shoulder problem.



HOME CARE

If your doctor feels the problem is not serious, it may help to do the following:

- Put ice on the injured area.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 15 to 20 minutes, 3 to 4 times a day.
  - Do this for the first 2 day or as told by your doctor.
- Stop using cold packs if they do not help with the pain.
- If given a sling and straps, do not take them off (except to shower or bathe) until you see your doctor. When taking off the sling, move the arm as little as possible.
- Take medicine as told by your doctor.
- Keep all follow-up appointments.

GET HELP IF:

- New pain happens in the arm, hand, or fingers.
- The hand or fingers on the injured side become cold.
- The medicine is not helping the pain go away.

GET HELP RIGHT AWAY IF:

- The arm, hand, or fingers are numb or tingling.
- The arm, hand, or fingers are puffy (*swollen*), painful, or turn white or blue.
- You or your child has trouble moving the hand and fingers on the injured side.
- There is chest pain or shortness of breath.

MAKE SURE YOU:

- Understand these instructions.

- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

Document Released: 06/05/2009 Document Re-Released: 03/14/2011
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