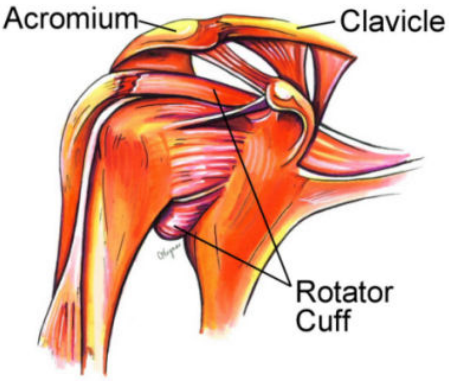
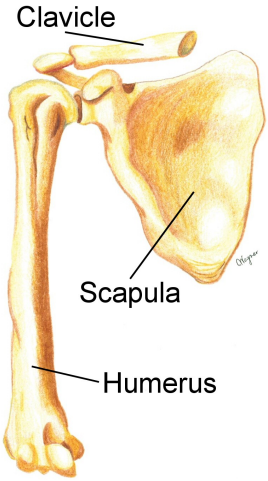
Shoulder Pain

You have been seen today with shoulder pain. The shoulder is a ball and socket joint. The muscles and tendons (rotator cuff) are what keep the shoulder in its joint and stable. This collection of muscles and tendons holds in the head (ball) of the *humerus* (upper arm bone) in the *fossa* (cup) of the *scapula* (shoulder blade). Today no reason was found for your shoulder pain. Often pain in the shoulder may be treated conservatively with *temporary immobilization.* For example, holding the shoulder in one place using a sling and rest. Physical therapy may be needed if problems continue.



HOME CARE INSTRUCTIONS

- Apply ice to the sore area for 15 to 20 minutes 3 to 4 times per day for the first 2 days. Put the ice in a plastic bag. Place a towel between the bag of ice and your skin.
- If you have or were given a shoulder sling and straps, do not remove until you see a caregiver for a follow-up examination. If you need to remove it to shower or bathe, move your arm as little as possible.
- You may want to sleep on several pillows at night to lessen swelling and pain.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- It is very important to keep any follow-up appointments in order to avoid any type of permanent shoulder disability or chronic pain problems.



SEEK MEDICAL CARE IF:

- Pain in your shoulder increases or new pain develops in your arm, hand, or fingers.
- Your hand or fingers are colder than your other hand.
- You do not obtain pain relief with the medications or your pain becomes worse.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your arm, hand, or fingers are numb or tingling.
- Your arm, hand, or fingers are swollen, painful, or turn white or blue.
- You develop chest pain or shortness of breath.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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