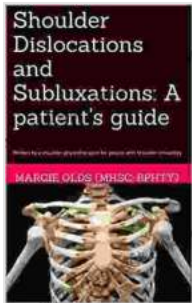


A Comprehensive Guide to Shoulder Instability: Symptoms, Causes, and Treatment



Shoulder Dislocations and Subluxations: A patient's guide: Written by a shoulder physiotherapist for people with Shoulder Instability by Adyashanti

★★★★★ 5 out of 5

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Shoulder instability is a condition that occurs when the shoulder joint is not stable and can dislocate or subluxate (partially dislocate) easily. This can be a painful and debilitating condition that can affect people of all ages. There are different causes of shoulder instability, but it is most commonly caused by a traumatic injury, such as a fall or a sports injury.

Symptoms of Shoulder Instability

The symptoms of shoulder instability can vary depending on the severity of the condition. Some of the most common symptoms include:

- Pain in the shoulder
- Swelling and bruising around the shoulder

- Instability or a feeling that the shoulder is going to dislocate or subluxate
- A popping or clicking sound when the shoulder moves
- Difficulty with overhead activities
- Weakness in the shoulder

Causes of Shoulder Instability

There are many different causes of shoulder instability, but the most common is a traumatic injury. This type of injury can occur during a fall, a sports injury, or a car accident. Other causes of shoulder instability include:

- Repetitive overhead activities
- Loose ligaments or tendons in the shoulder
- A shallow glenoid socket (the socket in the shoulder blade that the ball of the upper arm bone fits into)
- A torn labrum (a ring of cartilage that surrounds the glenoid socket)
- A dislocated shoulder that has not been properly treated
- A birth defect

Treatment for Shoulder Instability

The treatment for shoulder instability will depend on the severity of the condition and the underlying cause. In some cases, conservative treatment, such as physiotherapy, may be enough to improve stability and reduce symptoms. In other cases, surgery may be necessary to repair or tighten the ligaments and tendons in the shoulder.

Conservative Treatment

Conservative treatment for shoulder instability may include:

- Rest
- Ice
- Compression
- Elevation
- Medication to relieve pain and inflammation
- Physical therapy to strengthen the muscles around the shoulder and improve stability

Surgical Treatment

Surgery may be necessary if conservative treatment does not improve stability or if the shoulder has dislocated or subluxated multiple times.

There are different types of shoulder instability surgery, but the most common is called a Bankart repair. This surgery involves repairing the torn labrum and tightening the ligaments around the shoulder joint.

Rehabilitation After Shoulder Instability Treatment

After shoulder instability treatment, it is important to follow a rehabilitation program to help restore range of motion, strength, and stability to the shoulder. This program will typically involve:

- Exercises to increase range of motion
- Exercises to strengthen the muscles around the shoulder
- Exercises to improve balance and coordination

- Proprioceptive exercises to help the shoulder joint sense its position in space

Prevention of Shoulder Instability

There are a few things you can do to help prevent shoulder instability, including:

- Avoid activities that put stress on the shoulder joint
- Strengthen the muscles around the shoulder with regular exercise
- Warm up properly before participating in physical activity
- Use proper technique when lifting weights or performing overhead activities
- Get prompt medical attention if you experience any shoulder pain or instability

Shoulder instability is a common condition that can be caused by a variety of factors. The symptoms of shoulder instability can range from mild to severe, and treatment will depend on the severity of the condition and the underlying cause. Conservative treatment, such as physiotherapy, may be enough to improve stability and reduce symptoms in some cases. In other cases, surgery may be necessary to repair or tighten the ligaments and tendons in the shoulder. After treatment, it is important to follow a rehabilitation program to help restore range of motion, strength, and stability to the shoulder.

If you are experiencing any symptoms of shoulder instability, it is important to see a doctor or physiotherapist to get a proper diagnosis and treatment

plan.

References

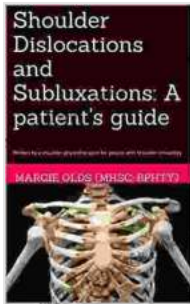
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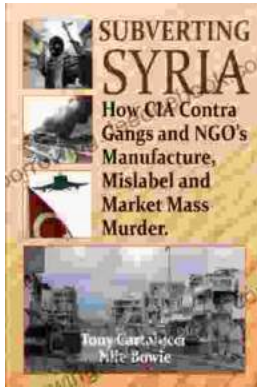
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