

**Cycle 3- Shoulder  
2302 - Overview of Shoulder Problems  
SCRIPT**

**(1)**

**GEOFFREY GRIFFITHS, MD**

A lot of things can go wrong with the shoulder. Some of the more common injuries to the shoulder would be rotator cuff tendon tears or injuries, problems with the biceps tendon, problems with the stability of the shoulder, and of course what's often the case with many joints in the body, there can be things like shoulder arthritis as well.

**(2)**

**RONALD NAVARRO, MD:**

A lot of patients will come in and they'll talk about pain at night. They'll also talk about the feeling that-- they cannot reach as much. But it's primarily pain. Many patients don't describe a limitation of motion per se, they just probably have begun to cope with the limitation.

**(3)**

**BRENT DAVIS, MD:**

So if a person starts to develop shoulder pain, particularly if it's a young person and their shoulder is painful with activity, it's good to get that checked out early. Because-- oftentimes if we start to correct the underlying problem, either through exercise or teaching appropriate technique for a particular sport, we can prevent the shoulder from becoming overly painful and-- sometimes prevent the shoulder from going on to require surgery.

**(4)**

**EDMOND YOUNG, MD:**

It's important to remember that, if you're experiencing shoulder pain without any clear reason, that there are other things that can feel like shoulder pain that have nothing to do with your shoulder. Simple things, such as neck pain or neck injuries, but sometimes more serious conditions, such as heart conditions, can feel like shoulder pain. So, if you have any concern or history with your heart, make sure you see your doctor and have that examined, as well, and don't ignore those symptoms.

**(5)**

**GEOFFREY GRIFFITHS, MD**

So shoulder pain, of course, comes in many forms and for many reasons. That's really-- why it's so important to work with your doctor, to work with your healthcare professional, to establish the reason for the pain. And then, of course, we can-- once identified, we can focus specific treatment that may be surgical, that may be non-surgical on that particular-- diagnosis or problem.

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