

Cycle 3- Shoulder
2305 - Causes of Shoulder Arthritis
SCRIPT

(1)

EDMOND YOUNG, MD:

Shoulder arthritis, which is basically just wear through the cartilage surface of the ball and socket of the shoulder joint, is similar to arthritis in any other joint. It basically is a mechanical wear of the gliding surface of the joint. So, instead of a smooth gliding surface within the ball and socket, it becomes a rough and painful surface whenever you move. And, as a result, it also causes a loss of movement and a loss of function for patients.

(2)

RONALD NAVARRO, MD:

Arthritis is a wearing out of the joint surfaces. And there's many types of arthritis. The most common one is osteoarthritis. It's a type of arthritis that is-- genetically driven, and some people just have thicker cartilage.

(3)

DANIEL ACEVEDO, MD:

It can be associated with patients who have had a lot of strenuous overhead activities, but arthritis really is the normal wear and tear which we call osteoarthritis. You can also have-- inflammatory disease throughout your body such as rheumatoid arthritis.

(4)

RONALD NAVARRO, MD:

Many times, the patient might equate some sort of functional activity they did for a living. I've had a lot of women who were housewives but they did a lot of crochet, so their arms were always positioned like this for several years. And they have-- osteoarthritis on both shoulders.

(5)

RONALD NAVARRO, MD:

So it doesn't take vigorous activity. It can just take a positional sort of repetitive activity that led to this degeneration, and/or they also have a hereditary predisposition for that material to just thin out and degenerate and become cracked and fissured and then wear out over time, faster than another person who may have done the same crochet for the same amount of years. So it's hard to predict; it's not that alone.

(6)

DANIEL ACEVEDO, MD:

And another common way to get arthritis is your shoulder is from recurring dislocations. So that comes into play with-- overhead athletes who dislocated a lot when they were younger. And then they grew up in their 40s and 50s and then develop shoulder arthritis.

(7)

EDMOND YOUNG, MD:

Arthritis pain tends to feel just like a deep ache. People think of it like a toothache, that can't quite put their finger on it, but they know, somewhere deep inside, something is just hurting. It's not usually a pain that people can point to.

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