

**Cycle 6- Hives and Shoulder  
2610 - Pain Management for Shoulders  
SCRIPT**

**(1)**

**EDMOND YOUNG, MD:**

Shoulder pain is very common. But, fortunately, if you seek medical attention early, most shoulder conditions can be treated through non-surgical means. Often, it's as simple as anti-inflammatory medications and really improving your posture and muscle strength and coordination.

**(2)**

**TAD FUNAHASHI, MD:**

Injections are actually very effective in eliminating pain for people. But injection alone doesn't permanently get rid of the pain. So compliance with the exercises to make sure that your wing bone is in the right place and you've re-balanced the strength of your muscle is critical. Injection, you can think of is as a step towards doing the right thing to keep the pain away. Because injection gets rid of the pain so that you can get the exercises done. Injection itself is not the cure.

**(3)**

**BRENT DAVIS, MD:**

Physical therapy is designed to help you move the arm up and-- in a way that it doesn't pinch. So there's a lot of focus on getting your posture correct, strengthening the muscles around the shoulder so that when the shoulder comes up, the bone on top moves outta the way and the tendon doesn't pinch. Therefore, the combination of the cortisone shrinking down the tissue and improving the mechanical environment-- usually allows us to cure this problem without surgery.

**(4)**

**GEOFFREY GRIFFITHS, MD:**

Shoulder pain can come and go. If it doesn't go, please do seek medical attention. Family doctors, specialty care and orthopedics, we are here for you.

**###**