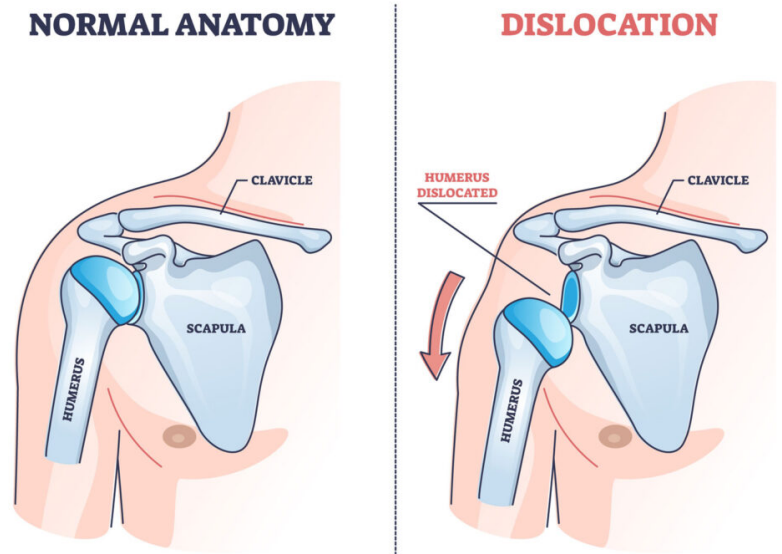


YOUR GROUP23

PATIENT HEALTH JOURNEY

BECOME AN EXPERT: Shoulder Dislocation

A **shoulder dislocation** occurs when the humeral head (ball) comes out of the glenoid fossa (socket) of the scapula, either partially or completely. The shoulder joint is one of the most mobile joints in the body, but this mobility makes it susceptible to dislocation. Shoulder dislocations are primarily caused by a traumatic event or significant force applied to the shoulder joint, such as a motor vehicle accident, sports injury, or fall. Athletes who participate in contact sports, such as football or hockey, are particularly at risk.



The shoulder joint can dislocate forward (anterior), backward (posterior), or downward (inferior). An **anterior dislocation** is the most common type, occurring when the humeral head is displaced from the glenoid fossa and comes to rest in front of the shoulder joint.

The most common **symptoms** of shoulder dislocation include severe pain, swelling, and limited movement of the shoulder joint. Individuals may also experience numbness or tingling sensations in the arm or hand. In some cases, they may experience muscle spasms or muscle weakness.

Shoulder dislocations can also lead to various complications. Recurrent dislocations are a primary concern, as weakened or damaged structures can cause instability and repeated dislocations. Bankart and Hill-Sachs lesions are specific injuries associated with dislocations. Bankart lesions involve tears or detachment of the labrum, a ring of cartilage that surrounds the glenoid socket and provides stability to the shoulder joint. Hill-Sachs lesions are dents or impressions on the humeral head. This can lead to a structural defect that compromises the stability of the joint. Nerve and blood vessel injuries are also possible and require prompt evaluation and management to address weakness, numbness, or loss of sensation.

Non-operative treatment is typically the first line of treatment for shoulder dislocations. The goal of non-operative treatment is to manage pain, restore range of motion, and strengthen the shoulder muscles to prevent future dislocations. Rest, ice, and pain medication can be used to manage pain and swelling in the immediate aftermath of a dislocation.

Physical therapy is a crucial part of non-operative treatment for shoulder dislocations. The exercises prescribed by the physical therapist will depend on the extent of the injury and the goals of the individual patient. Initially, the focus may be on restoring range of motion in the shoulder joint, while later exercises will target strengthening the rotator cuff and surrounding muscles.

BECOME AN EXPERT cont'd

A shoulder brace or sling may be used to immobilize the shoulder and provide support during the healing process. These devices can also help to prevent future dislocations by limiting the range of motion in the shoulder joint.

In some cases, non-operative treatment may not be effective in preventing future dislocations or restoring full function to the shoulder joint. In these cases, surgery may be necessary to repair any damage to the joint and prevent further dislocations.

Why does this matter?

At Group23, we often see patients frustrated with their symptoms, lack of improvement, and the cost of ineffective treatments, products, and devices. Often the biggest issue we see with a diagnosis is the patient's lack of knowledge of the subject because no one has taken the time to explain what is truly happening! It's not enough to just know the words shoulder dislocation; it's important to us that you understand what it means!

Now that you know more about shoulder dislocations, we can address treatment options that support strengthening your muscles and restoring joint range of motion.

No matter where you start, you can get to the point of less pain and improved functionality... **IF** you create SMART goals, utilize the options in your Toolkit, and commit to working proactively with your Group23 Health Journey team!

Our care philosophy

We see treatment choices as a Patient Health Journey, and we take pride in being on this Journey with you the entire way. The most crucial part is becoming an expert and creating Rise Above goals specific to you and your lifestyle. Once your Group23 healthcare team understands your destination, we can accurately create a treatment plan that is fit for you!



Check out a free lifestyle assessment, available with the Health & Wellness team!



Surgery is a possibility, but a last resort option in the case of a shoulder dislocation. We have a whole Toolkit of other options to try first!



Becoming an expert and setting a SMART goal ensures every treatment decision reflects your priorities, not ours!



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