



Sports Medicine
Sports Performance
Spine
Shoulder
Rehabilitation
Pediatric Sports Medicine
Knee
Joint Replacement & Arthritis
Hip
Hand, Wrist & Elbow
Foot & Ankle
Concussion Management



Shoulder injuries such as cuff tendonitis, tears and adult shoulder arthritis are common in patients from all walks of life.

Whether you pitch in the big leagues or just suffer big league shoulder pain, Methodist Sports Medicine / The Orthopedic Specialists will make sure you receive the same extraordinary care as an athlete with “a million dollar arm.”

It doesn't matter if you suffer minor discomfort or debilitating pain, our fellowship-trained experts will treat you using a combination of therapy and exercise, other non-surgical modalities or surgery if necessary.

When you're ready to end that nagging shoulder pain for good, turn to Methodist Sports Medicine / The Orthopedic Specialists.



Injuries/Conditions

The shoulder is the most mobile and versatile joint in the body, requiring 22 muscles to orchestrate the synchronous movement of the shoulder blade and shoulder joint.

Unfortunately, this mobility causes the shoulder to be vulnerable to injury. Common injuries include tendon strains/tears, dislocations, labral tears and cartilage problems.

These injuries can arise from everyday repetitive overuse, either in sports or at work, trauma, advancing age and genetics.

A separated shoulder is a common injury, often occurring during a fall or a collision in contact sports. This can result in a mild sprain or a complete disruption of the shoulder.

For younger athletes, a sports-related injury can sometimes result in shoulder dislocations, which can lead to instability in the shoulder joint.

The best way to determine the cause of an injury is through a careful evaluation by a specialty physician experienced in the treatment of shoulder conditions.

In addition to an interview and physical examination, the physician may require additional tests in order to render the diagnosis.

X-rays can help the physician examine the bony structures while an MRI test can best reveal soft tissue structures such as ligaments, tendons, muscles and cartilage.

Treatments

The fellowship-trained shoulder specialists at Methodist Sports Medicine / The Orthopedic

Specialists offer the latest, most advanced treatment for shoulder conditions.

We pride ourselves on delivering quality care and maximizing results in an efficient fashion.

As a patient, you can rest assured that our experienced specialists will give you the best advice possible to allow you to return to your normal activities quickly and safely.

If you suffer from persistent shoulder pain or instability, or if you have had a traumatic injury, come in for an evaluation. Once a firm diagnosis is made, you often have a variety of treatment options from which to choose.

Fortunately, most shoulder injuries can be treated without surgery. Common treatments include physical therapy, exercises, oral medications, injections and bracing.

For more severe or chronic problems such as rotator cuff tendon tears, recurrent shoulder dislocations, labral tears and shoulder arthritis, surgery may be necessary.

If surgery is required, it will be performed using the latest procedures including advanced arthroscopic techniques.

Patient outcomes are monitored utilizing sophisticated software and hardware, which enable our surgeons to continually improve their care.

Whether you play in the Super Bowl or your own back yard, allow our shoulder experts to help get you off the sidelines and back in the game.

For more information, call Methodist Sports Medicine / The Orthopedic Specialists at **317.817.1200** or visit methodistsports.com.

