

## Don't 'shoulder' the burden of shoulder pain

**Y**our shoulder hurts and you don't know why. You can't think of anything you did to cause the pain, but the constant aching is keeping you from getting a good night's sleep. Sound familiar? If so, you're not alone. About 25% of us struggle with shoulder pain. Luckily, there are ways to prevent or reduce that troublesome ache.



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### Quick facts on shoulder pain

**1** Causes of shoulder pain include arthritis, bursitis, muscle tear and poor posture while sitting or working. Your genes can also play a role. Shoulder pain can become more common as you age.



**2** Some common shoulder fixes involve rest, altering activities, medication, exercise and physical therapy.

**3** To prevent shoulder injuries, avoiding lifting heavy objects, especially over your head. Make sure to warm up your muscles before lifting anything. Meanwhile, be careful not to trip, which can cause a fall and a shoulder injury.

**4** Another good rule is to vary which side you carry your purse or laptop bag on. Consider switching to a backpack to evenly distribute the weight, but don't overload it.

**5** Strength training is a great way to promote shoulder health. Exercises can build muscles around your shoulders that can increase stability and mobility and ease chronic pain.



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