



# 3 Most Common Shoulder Injuries

Shoulder pain and weakness are some of the most common reasons people seek help from a medical professional. The design of the shoulder as a ball and socket joint whereas the rounded head of the humerus articulates with the cup-like depression of the scapula giving it a wide degree of movement is why the shoulder is so commonly injured. This joint is held together by an extensive group of muscles and ligaments that can be weakened by certain types of repetitive forces. Most of the problems of the shoulder involve the muscles, tendons and ligaments rather than bones. Athletes are more susceptible to shoulder injuries due to excessive repetitive overhead training although over time we are all susceptible to shoulder injuries from everyday tasks.

### Rotator Cuff Tears:

A rotator cuff tear occurs when the muscle or tendon is torn whether partial or full thickness. The role of the rotator cuff is to keep the ball of your upper arm bone (humerus) safely within the shall-

ow shoulder socket of the shoulder. The RTC is a group of 4 muscles and tendons that surround the joint to control movement and stability of the joint. People that perform repetitive overhead activity in their sport or job are more susceptible to injury.

### Symptoms:

- Dull ache that originates deep in the shoulder joint
- Weakness or pain in the arm and can cause difficulty or inability to reach behind your back or overhead
- Pain that often disturbs your sleep, especially when lying on the injured shoulder.

### Dislocated Shoulder/Shoulder Instability:

This is a condition in which the upper part of the bone pops/slides out of its socket. Often times when ligaments, tendons and muscles become loosened or more

commonly weakened the unstable shoulder is more susceptible to injury.

### Symptoms:

- Pain associated with movement
- Almost a feeling as if your shoulder is going to slide or “pop out”
- Muscles spasms in your shoulder or neck

**If you are having any pain or loss of function of your shoulder, don't hesitate to have one of our physical therapists take a look at it right away and get you back to normal! Loudoun Sports Ther-**



# November Fundraiser

## Toys for Tots!

**This year Toys for Tots will only be accepting MONETARY DONATIONS. They will use these donations for purchase toys directly from local stores! This is to limit handling of the toys.**

To make a donation, you can do it in person at LSTC, over the phone, or through the mail!

**Questions? Give us a call at 703-450-4300!**

**We will be collecting donations for Toys for Tots until November 19th.**



## Success at LSTC



"Alyssa, Andrew, and Cierra were instrumental and very professional. Alyssa was very helpful, I have seen a definite improvement in my numbness and lower back pain. I will continue my exercises at home and plan to return in 30 days if symptoms continue."

- Jacqueline C.



"The staff is amazing. Professional, friendly, and genuinely concerned about their patients well-being. They are invested in you seeing positive results."

~ Jim P.

### Outpatient Physical Therapy Specializing in:

- \* Lower Back Pain \* Neck Pain \* Sciatica \*
- Hip Problems \* Shoulder Pain \* Bursitis \*
- Tendonitis \* Frozen Shoulder
- Joint Pain and Replacements \* Foot and Ankle Pain \* Plantar Fasciitis \* Knee Problems
- \* Arthritis \* Muscle Pains \* Sprains \*
- Strains \* Hand, Wrist, and Elbow Problems \*
- Sports Injuries \*
- Sports Performance Program \* Ergonomics
- \* Runners Program \* Other Conditions

## Like, Follow, and Share!



21251 Ridgetop Circle, Suite #140  
Sterling, VA 20166  
703-450-4300

We will be **CLOSED** November 25th for Thanksgiving.

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