The Unstable Shoulder

Shoulder instability is a condition where the ball in the socket of the shoulder joint slips in and out, sometimes completely out of the socket. This can lead to pain, weakness, and a decreased ability to move the shoulder. Shoulder instability can be caused by a variety of factors, including tears in the labral tissue, laxity in the shoulders, and trauma.

Shoulder instability can be classified into two main types: traumatic and atraumatic. Traumatic instability is caused by a direct injury to the shoulder, such as a fall or a blow to the shoulder. Atraumatic instability is caused by chronic overuse or underuse of the shoulder muscles.

There are several common treatments for shoulder instability, including surgery and physical therapy. Surgery may involve repairing any damaged structures, such as the labrum or rotator cuff, or performing a capsular shift to tighten the shoulder capsule.

Physical therapy may involve strengthening exercises to improve the stability of the shoulder joint, as well as mobility and range of motion exercises to prevent stiffness.

Overall, treatment for shoulder instability should be tailored to the individual patient and their specific condition. It is important to consult with a healthcare professional to determine the best course of treatment.

Shoulder Instability | eOrthopod.com

The Unstable Shoulder - TrustMe - Ed

Join Anju from Therapy Live as she discusses the unstable shoulder, a really difficult condition to both assess and manage. Anju's expertise and ability to teach will improve your clinical skill and management of patients with symptoms of instability.

Shoulder Instability - Orthodox Medicine

The unstable painful shoulder (UPS) as a cause of pain in the shoulder joint. This study hypothesized that (1) instability can present in a purely painful form, without any apparent history of instability, but with anatomic signs indicative of instability, termed unstable painful shoulder (UPS), and (2) arthroscopic shoulder stabilization is effective.

6 Keys to Shoulder Instability Rehabilitation - 6Keys

Factor #1 – Mechanism and Chronicity of Shoulder Instability. The first factor to consider in the rehabilitation of a patient with shoulder instability is the mechanism and chronicity of the injury. There are two different types of instability that can be classified as: acute traumatic instability; Chronic, atraumatic instability.

Shoulder Instability: Pathophysiology

Pathophy #2 - Mismatch and Inequality of Shoulder Stability. The second factor to consider is the mismatch and inequality of shoulder stability. This mismatch is often the result of an imbalance in the forces that affect the shoulder joint.

Shoulder Instability - Diagnosis and Treatment

Management of the unstable shoulder BMJ. 2015 May 28;350:h2537. doi: 10.1136/bmj.h2537. Authors Tanujan Thangarajah 1 , Simon Lambert 2 Affiliations 1 John Scales Centre for Biomedical Engineering ...

Surgical Treatment for Shoulder Instability

Surgical Treatment for Shoulder Instability may involve repairing any damaged structures, such as the labrum or rotator cuff, or performing a capsular shift to tighten the shoulder capsule.

The Unstable Shoulder | Therapist Learning

This lecture aims to classify the complexity of shoulder instability and stratify appropriate management. There is a particular focus on assessing motor control of the shoulder girdle bringing current evidence and clinical experience aiming to prescribing the right exercises at the right stages to optimise function and stability.

The Unstable Shoulder - Orthopaedics

Shoulder instability is characterised by abnormal movement of the humeral head resulting in pain, subluxation, or dislocation. Three types of shoulder instability exist: traumatic, atraumatic, and muscle patterning, but they can occur together, in combination, or sequentially over time.

Management of the unstable shoulder - PubMed

Shoulder instability is characterised by abnormal movement of the humeral head resulting in pain, subluxation, or dislocation. Three types of shoulder instability exist: traumatic, atraumatic, and muscle patterning, but they can occur together, in combination, or sequentially over time.

The Unstable Shoulder - Johns Hopkins Medicine

Shoulder instability usually occurs when the lining of the shoulder joint (the capsule), ligaments or labrum become stretched, torn or detached, allowing the ball of the shoulder joint (the humeral head) to move either completely or partially out of the socket. Individuals with shoulder instability usually feel pain when the shoulder "gives way."