



What Is Shoulder Instability?

 Education from **smith&nephew**

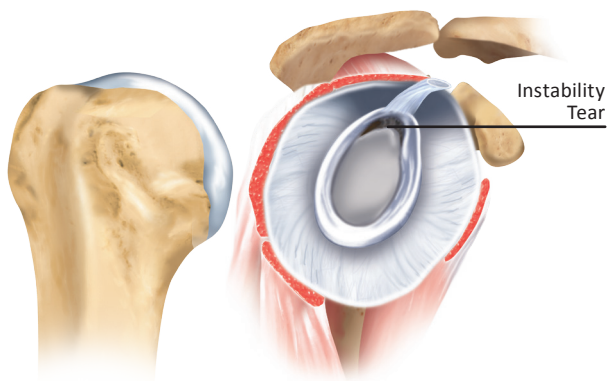
What Is Shoulder Instability?

Shoulder instability occurs when the structures that surround the shoulder joint loosen and cannot maintain the humerus (upper arm bone) within its shallow socket. If the joint is too loose, it may slide partially out of place, a condition known as “shoulder subluxation.”

When the joint comes completely out of place, also called “shoulder dislocation,” the ligaments that support the shoulder are torn, making the shoulder prone to repeat dislocation and additional episodes of instability.

With shoulder instability, some activities can create sudden pain, a sense of arm deadness, or the feeling of your shoulder slipping out and back into the joint. If you experience complete dislocation, you may have severe pain along with the inability to “reset” the joint.

Some shoulder instability can be treated with rest followed by rehabilitation. However, with a more complicated injury or in the case of recurrent instability, your physician may recommend surgery.



For more information about shoulder instability and the arthroscopic surgery used to treat it, speak with your physician, or visit www.SNPatientEd.com.