

How to deal with Shoulder Pains?

Shoulder pain is commonly found among working people in Hong Kong. Whilst adults with shoulder pains have been attributed to sports injuries and improper gestures at work, the shoulder in the elderly can be explained by aging. Some patients may therefore use prescribe painkillers to relieve their pains, but in fact they are continually suffering and there is no end of the pain.

There are several causes of shoulder pains, including frozen shoulder, shoulder impingement syndrome, rotator cuff disease and shoulder dislocation. A magnetic resonance scanning (MRI) of the shoulder may be useful for the detection of subtle abnormalities.

At different stages of the disease requires different approaches for treatment, including physiotherapy exercises, judicious use of steroid injection and surgical treatments. If surgery is required, conventional open technique will be one of the approaches, which leads to a large surgical wound. Nowadays, minimally invasive arthroscopic surgery offers an option of treatment for various shoulder pains, especially for the patients with rotator cuff disease and shoulder dislocation. Patients only require to have 2 or 3 small surgical skin incisions (less than 1cm) for this surgery. Its advantages include less post-operative pain, shorter recovery period and small wounds, so patients can regain the mobility of shoulder and return to their daily activities within one week after surgery.