

Other Domains and Specialities of SPORTSMED



Life Style Injuries



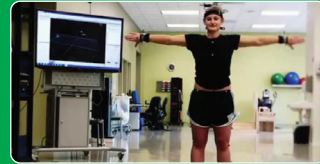
Dancing Injuries



Orthobiologics Center



Cartilage Center



Sports Rehad and Performance Enhancement



Patient Education & Social Awareness



Anti Doping Service



Young Athlete Clinic



International Standard



Woman Athlete Clinic



Injury Prevention



Cost Effective Package

Team Lead by Dr. Vikram Sharma

Renowned doctor from Rajasthan in the field of arthroscopy, sport injuries and sport medicine. A wide experience of 10 years in the field with more than 3000 documented arthroscopic surgeries including international exposure. The pioneer doctor behind the formation of Thar Association of Sports Medicine and actively associated with Indian Association of Sports Medicine as Joint Secretary.

Experience and Specialization

M.S.Orthopedics, Diploma Sports Injuries(U.K)

Fellowship Shoulder Arthroscopy (U.K)

Fellowship Arthroscopy and Sport Medicine, University of Pittsburga, U.S.A.

President, Thar Association of Sports Medicine.

Joint Secretary, Indian Association of Sports Medicine.



For Appointments
9587077111

SportsMed, Fortis Escorts Hospital Jawaharlal Nehru Marg, Malviya Nagar, jaipur-302017

Tel : 0141-2547000

Appointment : 9587077111

E-mail : asksportsmed@gmail.com

Website : www.sportsmed.asia

SHOULDER PAIN



SportsMed
PREVENTION • CURE • FITNESS

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Your Caring Hospital

A COMPLETE
**ARTHROSCOPY, SPORTS INJURIES
& SPORTS MEDICINE CENTRE**

SHOULDER PAIN

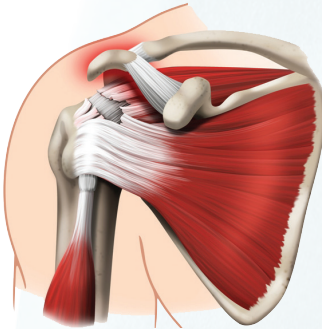
The shoulder is one of the most complex joints in the human body. It is a ball and socket joint and helps in the movement of the arm in all possible directions. Flexible shoulders are essential as they help in increasing the overall strength of the body.

Shoulder injuries are often associated with the athletic and lifestyle injuries. Some common shoulder injuries are as follows:

- Rotator cuff tears
- Instability shoulder
- Frozen shoulder

Rotator Cuff Tears

Rotator cuff helps in placing the arm in the shoulder socket. Rotator cuff consists of four muscles that unite to form a covering around the head of the upper arm bone, and humerus. Rotator cuff tear is one of the common causes of pain and discomfort in people. An injured rotator cuff weakens the shoulder and makes many of the daily activities like getting dressed; combing your hair, brushing your teeth etc painful and difficult. Rotator cuff tears are common among the sports persons and elderly people with minor injuries.



Symptoms

- Weakness in the affected shoulder
- Pain over the shoulder which radiates to the arm
- Increase in pain during night and also on overhead activities
- Stiffness of the shoulder

Treatment

MINOR TEARS

Physiotherapy is the best method to treat minor shoulder tears. Guided massage, exercise and stretching will strengthen the affected shoulder and will regain the lost mobility.

Stem cell injections are another method to repair the damaged tissue and create new healthy tissues which heal the damaged area and reduce pain and swelling.

MAJOR TEARS

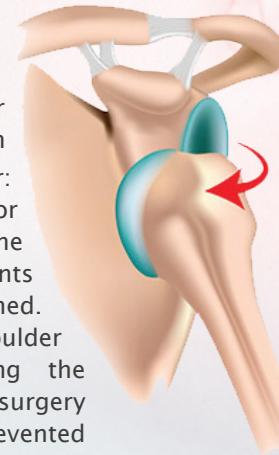
Arthroscopic Rotator cuff repair: To repair the rotator cuff a surgery is performed which repairs the torn tendon in the shoulder. A small keyhole incision is made and the torn part of the rotator cuff is repaired by putting it back to the bone bed. Small-sized buttons or anchors are used in the surgery. The anchors used may be metallic or absorbable material.

Instability of the Shoulder

Shoulder instability occurs when the head of the upper arm bone moves out of the shoulder socket due to sudden injury or overuse of the shoulder. Once the muscles, tendons and ligaments become loose, dislocations can occur repeatedly. This causes pain

Shoulder arthroscopy and repair: To perform the surgery, a large or a keyhole incision is made on the shoulder. The stretched ligaments are either tightened or reattached.

The tightening of the shoulder capsule is done by stitching the stretched ligaments. After the surgery the shoulder will have to be prevented from moving for some time. Physiotherapy can improve your strength.



Frozen Shoulder

Frozen shoulder is also known as adhesive capsulitis. It is a condition in which the shoulder joint becomes stiff and begins to pain. The reason for frozen shoulder could either be a recovery from a medical condition or a condition that prevents the movement of the arm.

Most of Frozen shoulders recover with physiotherapy and strengthening along



Shoulder arthroscopy: The surgery begins by making a keyhole incision and removing the bands of scar tissues. This improves the frozen shoulder condition.

Famous personalities who recovered from shoulder injury



Shah Rukh Khan, a famous Bollywood actor underwent a surgery as he was suffering from a tear in the rotator cuff muscles in his right shoulder. He also underwent a surgery in his left shoulder in 2009.

Javagal Srinath, an Indian former cricketer who is considered to be the only Indian fast bowler to have taken more than 300 wickets in the One Day Internationals. He was diagnosed with rotator-cuff injury of 1997.

Anil Kumble, a former Indian cricketer also had an injury in his right shoulder. He is recovered and is now the current head coach of the Indian cricket team.

Maria Sharapova, a Russian professional tennis player underwent a surgery to repair a tear in the rotator cuff muscles. Three years after the injury she elevated to be the No. 1 tennis player in the world.

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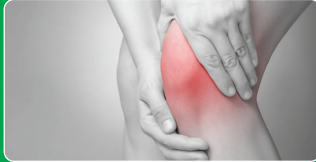
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