

Shoulder Pain

Why surgery usually isn't the first answer — and how we help

Shoulder pain is common, and often very treatable. You may have been told you have "impingement" or a "rotator cuff problem," but **most shoulder pain is not a surgical issue, and often responds very well to the right rehabilitation.**

A quick look at the shoulder

The shoulder is a shallow ball-and-socket joint that trades stability for a huge range of motion. A group of muscles, the **rotator cuff**, plus the muscles that control the **shoulder blade**, work together to keep it moving smoothly. When that teamwork is off, the shoulder can become irritated and painful.

Why we don't rush to name one thing

It's often hard to pin shoulder pain on a single structure, and imaging findings (like small rotator cuff changes) are common in people with **no pain at all**. So a scary-sounding label doesn't necessarily mean something is torn or broken, or that you need surgery.



The rotator cuff: a group of muscles that move and stabilize the shoulder.

How we sort it out

- 1 **We examine it.** A hands-on assessment of how your shoulder moves and loads tells us far more than a label does, and helps flag the small number of problems that truly need a surgeon.
- 2 **We image only if it will change the plan.** Scans aren't routine. We use them when your exam suggests they're needed, not just to put a name to the pain.
- 3 **If it's not surgical, we rehab it.** Most shoulder pain responds to **retraining the rotator cuff and shoulder blade**, restoring movement, and addressing limitations nearby, like a stiff mid-back, that quietly add to the load.

A GREAT PLACE TO START

For most shoulder pain, guided rehabilitation is the recommended first step, and it works well. Some shoulders do need a surgeon, and when yours is one of them, we'll tell you and refer you promptly. But for the majority, conservative care is a smart, effective place to begin, and we can help you find out what you're dealing with.



When shoulder pain needs prompt attention

See a provider promptly for shoulder pain that follows a **significant injury or fall**, an **obvious deformity** or inability to move the arm, **sudden, marked weakness**, or signs of infection like **fever, redness, or warmth**.

The takeaway: most shoulder pain is manageable without surgery. We can figure out whether yours is a surgical issue, and if it isn't, help you rebuild a strong, comfortable shoulder.

New Market Chiropractic + Rehabilitation
164 W. Main St., Suite D, New Market, MD 21774
301-865-8333