

Why Can't anyone figure out what's wrong with my Shoulder????

The diagnosis of shoulder problems is often complex. So many different things cause shoulder pain that making the correct diagnosis is sometimes challenging and requires a few extra tests.

One of the most common reasons people seek out a second opinion is failure to get well after treatment of some sort, sometimes even previous surgery. I see people from all over the United States and the most common reason for a patient to be frustrated with their problem is not having the correct diagnosis.

A very recent article by Dr Srikumaran from the group chaired by the very famous Jon Warner at Johns Hopkins in Baltimore suggested that the scapular problem "winging" was responsible for the shoulder problem in many patients that had been treated for some other problem of the shoulder unsuccessfully. The correctly diagnosed scapular problem was previously diagnosed at other places as a rotator cuff disorder 20% of the time. Shoulder instability was a common misdiagnosis 8% of the time. Other causes were nerve entrapment, cervical problems, thoracic outlet syndrome, and a host of others.

My experience is that in many cases more than one thing is responsible for the shoulder pain. I see many patients with previous neck and shoulder surgery that simply need the correct diagnosis and therapeutic intervention.

Wherever you live, we can gather your information together and review it and make a few thoughts with a telemedicine visit that may help you get on the right track. Or just come see us.

Srikumaran, MD, et al, Jour of Bone and Joint Surgery, 2014; 96(14):e122

