



Shoulder Arthritis Tip Sheet

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Who develops shoulder arthritis?

Shoulder arthritis (such as osteoarthritis and rheumatoid arthritis) typically affects patients over 50 years of age. It is more common in patients who have a history of prior shoulder injury. Shoulder arthritis tends to run in families.

What are the common symptoms of shoulder arthritis?

Shoulder arthritis symptoms tend to progress as the condition worsens. Symptoms do not always progress steadily with time. Often patients report good months and bad months. The most common symptoms of shoulder arthritis are:

- Pain with activities
- Limited range of motion
- Stiffness of the shoulder
- Swelling of the joint
- Tenderness around the joint
- A feeling of grinding or catching within the joint

What is the treatment for shoulder arthritis?

You should have a discussion with your doctor to determine which treatments are appropriate for your shoulder arthritis. Treatments range from basic to intensive: activity modification, physical therapy, anti-inflammatory medications, cortisone injections, joint supplements (glucosamine), shoulder arthroscopy, shoulder replacement surgery, reverse shoulder replacement.

Who treats shoulder arthritis?

Initial diagnosis and treatment of shoulder arthritis is best initiated with your primary care physician. If symptoms persist, an orthopaedic surgeon designated by the American Shoulder and Elbow Surgeons <http://www.ases-assn.org> is uniquely qualified to treat this disease process. These surgeons have a minimum of six years of training following medical school in the diagnosis and management of shoulder arthritis.

Need more information?

Please visit www.drgordongroh.com

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