

What is it?

When a group of ligaments holding the humerus (upper arm bone) in the socket of the scapula (shoulder blade) are torn, subluxation or the ball of the humerus partially slipping out of the shoulder socket

What causes it?

A direct blow to the shoulder. A fall onto an outstretched arm. Looseness of the shoulder joint.

Symptoms

Sensation of shoulder going in and out of joint. Looseness of shoulder joint. Pain, weakness, or numbness in the shoulder or arm

Top Tips

Ice and use anti-inflammatories as soon as possible. Seek more long-term advice from a medical professional.

How to Treat it

RICER. Anti-inflammatories and analgesics. Immobilisation.



Rehab

Following healing, strengthening exercises should be undertaken. Depending on severity, surgery may be required.

Definitions

Ligament – a short band of tough, flexible fibrous connective tissue which connects two bones or cartilages. Holds a joint together.

Subluxation – partial dislocation

RICER – rest, ice, compress, elevate, refer

Analgesics – painkillers

Associated Conditions

- Acromioclavicular Separation
- Sternoclavicular Separation
- Biceps Brachii Tendon Rupture
- Biceps Brachii, Chest Strain
- Impingement Syndrome
- Rotator Cuff Tendinitis (Pitcher's Shoulder)
- Shoulder Bursitis
- Bicipital Tendinitis
- Pectoral Muscle Insertion Inflammation
- Frozen Shoulder (Adhesive Capsulitis)

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com