

## **Shoulder Injuries and Workers' Compensation**

As a workers' comp attorney, I often see clients with shoulder injuries. The shoulder has more range of motion than any other joint in the body. Your shoulder is used in almost every arm movement you make. Because of this, shoulders are frequently injured. Shoulder injuries can be debilitating.

The most common ways that shoulders are injured are through:

- a fall on an outstretched arm,
- a direct blow to the shoulder or
- abnormal twisting or bending of the shoulder

### **Types of Shoulder Injuries**

Shoulder problems may be minor aches and pains such as a muscle strain or a bruise. These types of injuries may only need home treatment. Or, shoulder injuries may be more serious such as a broken bone, dislocated shoulder, nerve damage or a torn rotator cuff. These injuries may need more intensive medical treatment and may take a long time to heal.

#### Dislocated shoulder

This happens when your upper arm bone pops out of the socket. There may be a visibly deformed or out-of-place shoulder when this happens.

#### Nerve damage

#### Torn rotator cuff

Common symptoms of shoulder injuries are:

- pain,
- swelling,
- numbness,
- tingling,

- weakness
- changes in temperature or color or
- changes in range of motion

## **Therapy**

## **Pain Meds**

## **Shoulder Replacement**