

# Shoulder Pain

Discover treatments for the many symptoms that come with shoulder pain.

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## Shoulder Pain Treatment in St. Petersburg, FL.

The shoulder is an efficient combination of joints, muscles, and tendons that enable a wide variety of movements and ranges of motion. However, the shoulder is prone to a variety of injuries and conditions. In fact, shoulder pain will affect up to 70 percent of the population in their lifetime. It can be disabling and result in a host of unwanted consequences.

Below are some of the most common painful shoulder conditions:

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## Biceps Tendinitis

The biceps tendon is a structure that connects the biceps muscle to the humerus (upper arm bone) near the shoulder joint. Biceps tendinitis, a common cause of shoulder pain, is an irritation or inflammation of the upper part of the tendon.

### Causes

Often, biceps tendinitis is due to wear and tear and is often considered an overuse injury. It can also be connected to other shoulder issues, such as instability, shoulder impingement, or a rotator cuff injury.

Repeated motion in work or sports that uses an overhead type of activity can cause biceps tendinitis. Work such as construction, painting, plumbing, and sports such as volleyball, tennis, and baseball are examples of overuse and can facilitate biceps tendinitis.

#### Common Treatments

- ▶ Rest
- ▶ Ice
- ▶ Anti-inflammatory injections - using Traumeel, which is a homeopathic anti-inflammatory.
- ▶ Plasma and regenerative medicine therapy.



## Bursitis

Bursitis is inflammation of a Bursa. When a bursa becomes inflamed, it is called bursitis. This inflammation can lead to uncomfortable symptoms and may negatively affect nearby tissues, such as tendons and muscles.

To understand bursitis, it helps to know a few key terms:

- ▶ A bursa is a small, thin, slippery sac filled with fluid. Bursae are located near joints, and in-between tendons, ligaments, and muscles. They help reduce the friction between these tissues and allow for more effortless movement.
- ▶ Also, each bursa is filled with a viscous, lubricating synovial fluid.

A bursa may be categorized by the tissue it lies next to. In the shoulder, the most commonly injured bursa is the Subacromial bursa, which sits between the supraspinatus muscle and the shoulder bone.

When inflamed, a bursa's lining thickens and may produce too much synovial fluid, causing the bursa to swell. An inflamed, swollen bursa may be several times the size of a normal, healthy bursa and is extremely sensitive and painful.



## Rotator Cuff Tear

The rotator cuff is involved every time you move your shoulder. It helps to stabilize the shoulder. It is one of the most commonly injured areas of the shoulder. Rotator cuff tears can either be partial or incomplete (a tear that is frayed) or complete, which entails a tear that goes completely through the tendon.

### Causes

There are two main causes of rotator cuff tears. They can occur from an acute injury, such as a fall, severe twisting or stretch, or stress placed on the shoulder from improper lifting, especially if the object is heavy. However, most rotator cuff tears occur due to progressive degeneration (wear and tear) over time. The incidence of tears increases with aging. It is important to determine the cause of a rotator cuff tear since this impacts the recommended treatment.

### Treatments

- ▶ Rest
- ▶ Modified activity
- ▶ Injections with Traumeel - homeopathic anti-inflammatory.
- ▶ Partial tears can improve with Plasma therapy, amniotic allograft therapy, and even human cellular tissue.
- ▶ Unfortunately, full tears usually do require surgery.



## Shoulder Impingement

Shoulder impingement syndrome, which is also sometimes called "bursitis" or "tendinitis," occurs with the repetitive compression ("impingement") of the rotator cuff during movement. A thorough and careful examination is the best approach to a personalized diagnosis.

### Causes

Shoulder impingement is also the result of repeated overhead activity involving the shoulder. It can also be caused by a shoulder injury. Finally, in some cases, there is no known cause of the condition.

### Treatment

- ▶ Rest (from overhead activity)
- ▶ Ice
- ▶ Traumeel injections for inflammation, Amniotic tissue allograft, or human biologics.



## Frozen Shoulder

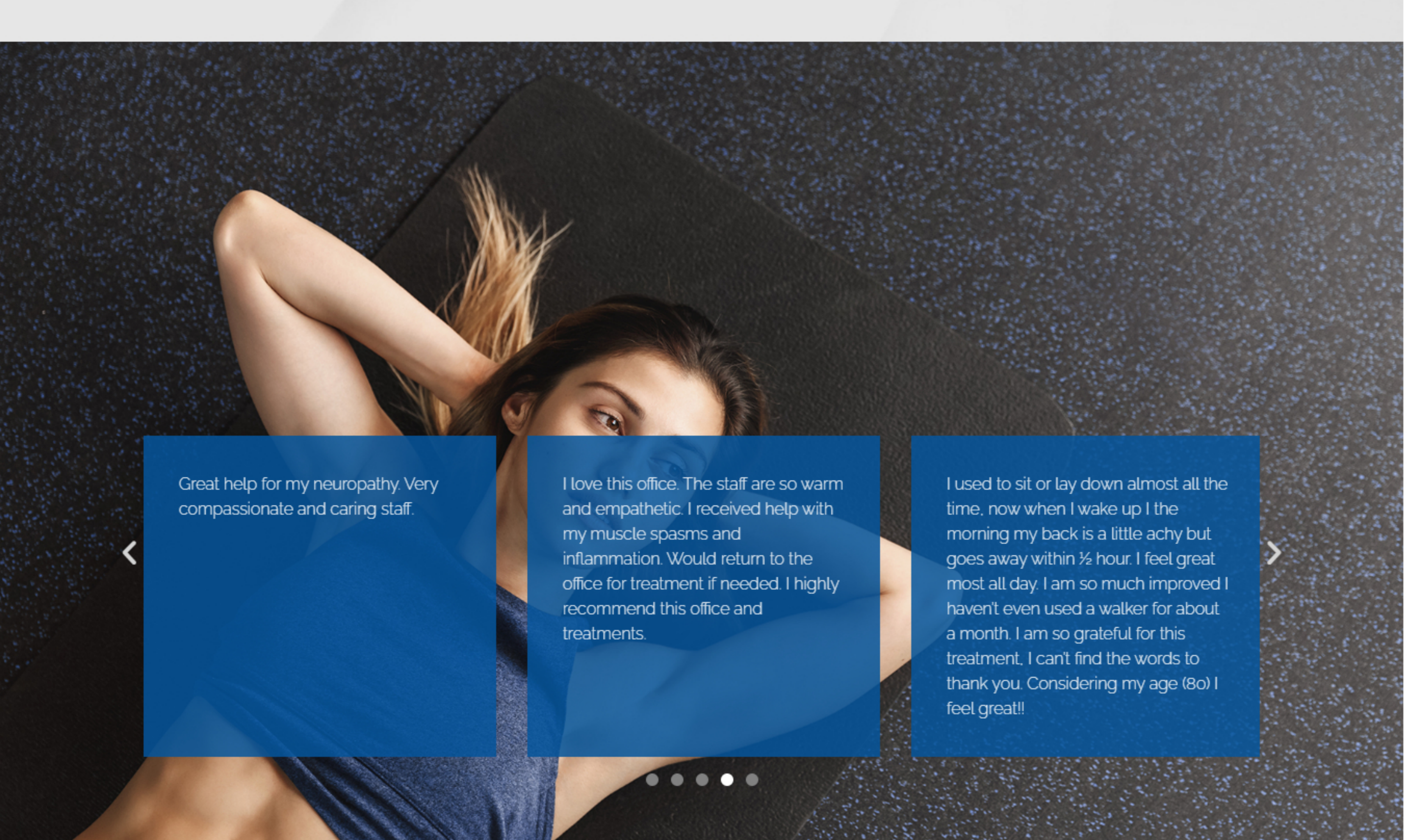
Frozen shoulder, technically called adhesive capsulitis, is a condition causing stiffness, pain, and immobility in the shoulder joint. It is due to a thickening and tightening of the shoulder joint capsule, which restricts the range of motion and movement.

### Causes

While the causes are usually unclear and cannot be identified, some people suffer frozen shoulder following a recent injury or fracture to the area, which resulted in a need to immobilize the shoulder. In about 10 to 20 percent of cases, it can be caused by diabetes. Other medical problems may put people at risk for frozen shoulder (hypothyroidism, hyperthyroidism, Parkinson's, and cardiac disease).

### Treatments

- ▶ Movement of the shoulder
- ▶ Plasma therapy
- ▶ Amniotic tissue allograft
- ▶ and human biologics



Great help for my neuropathy. Very compassionate and caring staff.

I love this office. The staff are so warm and empathetic. I received help with my muscle spasms and inflammation. Would return to the office for treatment if needed. I highly recommend this office and treatments.

I used to sit or lay down almost all the time, now when I wake up! The morning my back is a little achy but goes away within ½ hour. I feel great most all day. I am so much improved I haven't even used a walker for about a month. I am so grateful for this treatment. I can't find the words to thank you. Considering my age (80) I feel great!!



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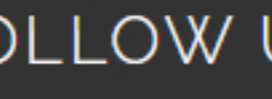
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