

Mayo Clinic Medical Edge
Shoulder Separations/Dislocations

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	IT COULD HAVE BEEN A HIT ON THE FOOTBALL FIELD OR HOCKEY RINK, OR MAYBE A FALL OFF THE LADDER. WHATEVER THE CAUSE, A DISLOCATED SHOULDER CAN BE A PAINFUL AND SERIOUS INJURY.
John Sperling, M.D. Track 3 (:52)	"THE YOUNGER YOU ARE AT THE FIRST DISLOCATION, THE HIGHER CHANCE THAT YOU'LL HAVE CONTINUED INSTABILITY OVER THE COURSE OF YOUR LIFETIME."
	REPEATED OR SEVERE DISLOCATIONS MAY REQUIRE SURGERY TO STABILIZE THE SHOULDER. ON THE OTHER HAND,

	<p>MAYO CLINIC ORTHOPEDIC SURGEON DR. JOHN SPERLING SAYS A SEPARATED SHOULDER RARELY REQUIRES SURGERY.</p>
<p>Dr. Sperling Track 3 (4:00)</p>	<p>“A LOT OF THESE PEOPLE ARE ABLE TO GO BACK TO THEIR ACTIVITIES QUITE QUICKLY.”</p>
<p>Ack-row-my-oh-clavic-u-luhr</p>	<p>A SEPARATED SHOULDER IS ACTUALLY A SEPARATION OF THE ACROMIOCLAVICULAR OR AC JOINT, WHICH IS WHERE YOUR SHOULDERBLADE MEETS YOUR COLLARBONE. THE LIGAMENTS THAT HOLD THE JOINT TOGETHER STRETCH OR TEAR. REST, ICE AND PAIN RELIEVERS, ALONG WITH THERAPY TO STRENGTHEN THE SHOULDER ARE USUALLY ALL THE THERAPY YOU’LL NEED.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>
