The Shoulder Joint: The Shoulder Joint is a ball and socket joint formed by the union of the humerus, scapula and clavicle. It is made up of two different joints: The glenohumeral and acromioclavicular joint. The shoulder joint has the widest range of motion of any joint in the body. However this motion often comes at the cost of joint stability.

Shoulder Injuries: Most shoulder injuries occur in the muscles or ligaments of the joint rather than the bones. The three most common injuries seen in the shoulder are instability, impingement and tears. Instability can occur from the joint moving out of its proper position either from a dislocation or subluxation. Impingement occurs from excessive rubbing of the tendons and ligaments of the shoulder on the acromion process. A tear of the shoulder is caused by an acute injury to the area. Most shoulder injuries occur from excessive overhead movement or exercises that put large forces through the joint such as throwing a ball, playing tennis and rock climbing.

Rehabilitation: Many shoulder injuries can be resolved through physical therapy. This is usually a combination of strengthening exercises to improve posture and help strengthen the muscles in and around the shoulder to enhance stability and lower the chance of the injury occurring again. However if a tear is suffered surgery may be required along with a strengthening program for the shoulder to fully heal and return to its original range of motion.