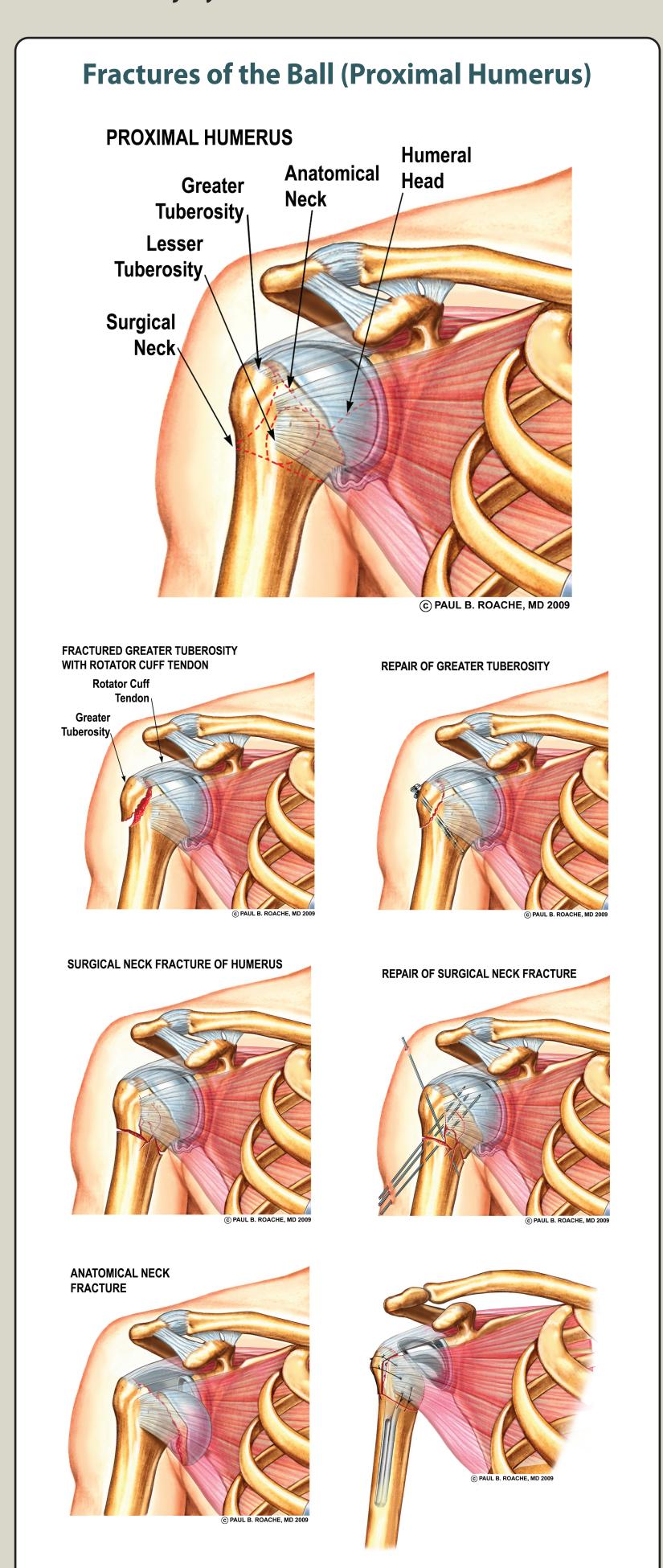
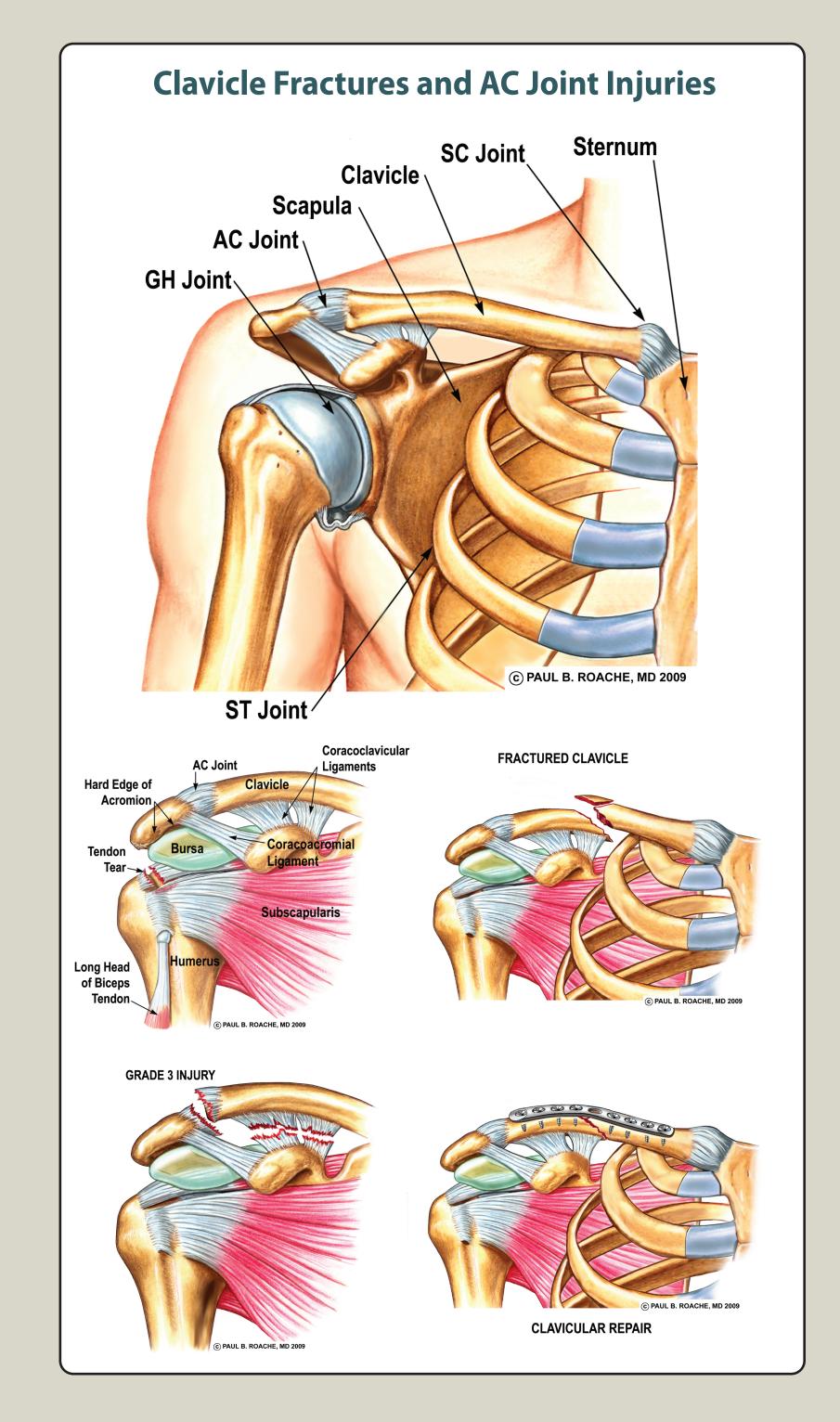
Common Shoulder Injuries

Injuries to the Bone and Cartilage of the Shoulder Ball-and-Socket

The shoulder ball-and-socket is mostly comprised of soft tissues. These soft tissues are supported by a structural frame of hard tissues made of bone. The key bones of this supporting frame are the clavicle, the proximal humerus (the ball) and the scapula (shoulder blade).

Injuries to the bone and structural frame of the shoulder are common. These injuries usually occur from the trauma of a fall or accident. Injury to the structural frame can alter the function of the shoulder.





Cartilage Injury: Arthritis of the Ball-and-Socket

Cartilage injury can occur from a trauma or from degeneration caused by wear and tear from everyday use.

Injury to the cartilage can result in the loss of the normal smooth surface. This often leads to increased friction in the ball-and-socket. The increased friction can cause pain and alter shoulder function. This is called arthritis.

