

What Do You Need to Know About Shoulder Dislocation?



A shoulder dislocation is a condition in which the bones forming the shoulder joint move out of their place. This occurs because of a direct blow to the shoulder or falling on it. This post will talk about shoulder dislocation in detail along with the symptoms and treatment.

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What is a dislocated shoulder?

The shoulder joint is a type of ball and socket joint in which the humeral head (ball) fits into the socket of the shoulder blade. In the case of a dislocated shoulder, the ball leaves and moves out of its socket. In some cases, the tissues holding the joint together may also get injured. The

severity of the impact causing dislocation of the shoulder decides whether it will be a completely or partially dislocated shoulder.

What Are the Symptoms of a Dislocated Shoulder?

Shoulder dislocation is a painful condition that is characterized by:

Intense and immediate pain

Deformity around the shoulder

Swelling or bruising around the joint

Difficulty or inability to move the injured/affected shoulder

Weakness in the shoulder

Numbness or tingling

Muscle spasms

What Causes Shoulder Dislocation?

The commonest cause of shoulder dislocation is a direct blow or fall on the shoulder. Besides these, contact sports injuries may also sometimes result in a dislocated shoulder.

Studies have found that teens are more prone to shoulder dislocation than younger children.

A strong force is required to move the bones out of their place and hence, the intensity of the impact is always high when a shoulder dislocation is experienced.

How a Dislocated shoulder is diagnosed?

During the diagnosis, the healthcare service provider performs a physical examination to notice visible signs including swelling, tenderness, or

bruising around the joint. Besides this, the range of motion of the joint is also examined.

Imaging tests are critical in the correct diagnosis of the condition. X-ray reports will show the severity of the shoulder dislocation along with the damage to the bones or the joint. If any doubt in the diagnosis is there, other tests like MRI or CT scan may also be done.

How a Dislocated Shoulder is Treated?

When it comes to the treatment of shoulder dislocation, surgery is performed in the least cases. The treatment options for the dislocated shoulder may include:

Closed reduction

This is where the healthcare service provider brings back the anatomy of the shoulder joint with physical force. This is often performed after giving local or general anesthesia. But before deciding to perform closed reduction, the doctor will consider the intensity of the pain and swelling in the joint.

Surgery

People with repeated shoulder dislocation or weak shoulder or ligaments may need surgical intervention. In rare cases, surgery might be required to repair injured blood vessels or damaged nerves.

Immobilization

A splint or a cast is often applied after closed reduction to give the injured shoulder time to heal itself.

Medication and Rehabilitation

Pain relievers and/or muscle relaxants are often given to improve symptoms. Besides this, how well rehabilitation is done decides the speed and quality of recovery.

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