

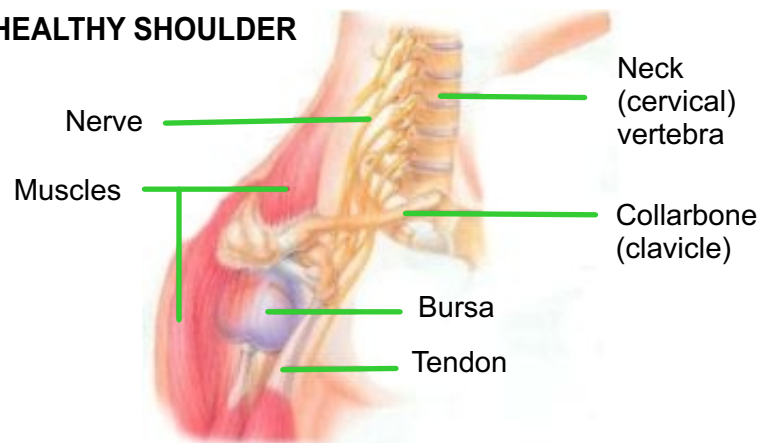
Alderete Chiropractic

www.spinemover.com

The Causes of Shoulder Pain

Your shoulder is very flexible, but it's also fragile. Pain in your shoulder can result from one of a number of causes. An irritated nerve in your neck, repeated overuse, or an injury, can cause inflammation and stiffness and make everyday activities painful.

A HEALTHY SHOULDER



Referred Pain

A vertebra in your neck that isn't moving properly can irritate a nerve and cause aching or pain in your neck, arm, or shoulder.

Irritated nerve



Bursitis

Overuse can inflame the bursa (the fluid-filled sac that protects the surface of the bones), causing pain and stiffness.

Inflamed bursa

Collarbone



Rotator Cuff Problem

Injury to the tendons and muscles that connect your arm to your shoulder can cause pain with certain movements.

Injured tendon

Collarbone

