



Shoulder pain can occur due to injury, overuse, age-related changes or other medical conditions: Early diagnosis and appropriate treatment can reduce pain, improve shoulder function and help you return to daily activities and sports safely.

1. Rotator Cuff Tear / Tendinopathy



Common symptoms

- Pain over the outer shoulder
- Pain at night (especially while lying on the affected side)
- Weakness
- Difficulty lifting the arm (overhead activities)

Treatment

- Activity modification and load control
- Physiotherapy (rotator cuff and scapular strengthening)
- Pain relief medications if required
- Injections in selected cases
- Arthroscopic or open surgery for significant tears

2. Shoulder Impingement Syndrome



Common symptoms

- Pain on lifting the arm (typically 90–120°)
- Pain at night
- Pain with overhead activities
- Occasional clicking

Treatment

- Activity modification and posture correction
- Physiotherapy (rotator cuff and scapular strengthening)
- Pain relief and anti-inflammatory medications
- Injections in selected cases
- Arthroscopic decompression if symptoms persist

3. Adhesive Capsulitis (Frozen Shoulder)



Common symptoms

- Gradual onset of shoulder pain
- Stiffness and reduced range of motion
- Difficulty with daily activities
- Pain at night

Treatment

- Pain relief and activity modification
- Physiotherapy (stretching and mobility exercises)
- Injections (e.g. steroid) in selected cases
- Hydrodilatation (joint distension) in some cases
- Usually improves over time with rehabilitation

4. AC Joint Arthritis / Injury



Common symptoms

- Pain on the top of the shoulder
- Pain with cross-body movements
- Pain with lifting or overhead activities
- Tenderness over AC joint
- May follow trauma or repetitive use

Treatment

- Activity modification
- Physiotherapy and postural correction
- Pain relief and injections (e.g. steroid)
- Surgery (arthroscopic distal clavicle excision) for persistent symptoms

5. Biceps Tendinitis / SLAP Tear



Common symptoms

- Pain in the front of the shoulder
- Pain with lifting or curling activities
- Clicking or catching sensation
- Feeling of instability (in SLAP tear)
- Pain during sports or overhead use

Treatment

- Activity modification
- Physiotherapy (biceps and scapular strengthening)
- Pain relief medications
- Injections in selected cases
- Arthroscopic repair for SLAP tear if required

6. Shoulder Dislocation / Instability



Common symptoms

- Shoulder coming out of joint (usually after trauma)
- Recurrent episodes
- Feeling of looseness or instability
- Pain and difficulty with sports

Treatment

- Initial reduction (to put the joint back)
- Physiotherapy for muscle strengthening and stability
- Avoid high-risk activities initially
- Arthroscopic stabilisation (e.g. Bankart repair) for recurrent instability

7. Calcific Tendinitis



Common symptoms

- Sudden or gradual shoulder pain
- Severe pain at night
- Pain with lifting the arm
- Restricted movement

Treatment

- Pain relief medications
- Physiotherapy
- Ultrasound-guided needle lavage in selected cases
- Injections (e.g. steroid)
- Arthroscopic removal if persistent symptoms

8. Subacromial Bursitis



Common symptoms

- Pain on lifting the arm
- Tenderness over the outer shoulder
- Pain at night
- Pain with overhead activities
- May occur with rotator cuff problems

Treatment

- Activity modification
- Physiotherapy
- Pain relief and anti-inflammatory medications
- Injections in selected cases
- Treat underlying cause (e.g. impingement or rotator cuff disease)

9. Shoulder Stiffness / Osteoarthritis / Other Causes



Common symptoms

- Deep shoulder pain
- Stiffness and reduced movement
- Grinding or crepitus
- Difficulty with daily activities

Treatment

- Physiotherapy and activity modification
- Pain relief medications
- Injections (e.g. steroid or hyaluronic acid) in selected cases
- Arthroscopic or replacement surgery for advanced cases

When to Seek Early Consultation



- Pain persists beyond 2–3 weeks despite rest
- Recent trauma, fall or dislocation
- Recurrent instability or feeling of giving way
- Increasing stiffness or loss of motion
- Difficulty with work, daily activities or sports

Key Points



- Early diagnosis leads to better outcomes
- Most shoulder problems can be treated without surgery
- Physiotherapy and correct rehabilitation are very important
- Surgery is considered only when required
- Individualised treatment helps you return safely to daily life and sports

Goals of Treatment



- Reduce pain
- Restore movement and strength
- Improve shoulder function
- Prevent recurrence
- Help you return to your work, daily activities and sports safely