

Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

Customer Services Department

Livewell Southwest
Room AF3, Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 435201

Email: customerservicespch@nhs.net

Contact details

The Minor Injuries Units are open every day of the year, including Bank Holidays.

Minor Injuries Unit Cumberland Centre

Damerel Close
Plymouth
PL1 4JZ

Tel: 01752 434390

Opening times: 8:30am - 9pm

Minor Injuries Unit South Hams Hospital

Plymouth Road
Kingsbridge
TQ7 1AT

Tel: 01548 852349

Opening times: 9am - 5pm

Minor Injuries Unit Tavistock Hospital

Spring Hill
Tavistock
PL19 8LD

Tel: 01822 612233

Opening times: 8am - 10pm

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Livewell Southwest



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Shoulder Injury Information Leaflet



Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital

What are shoulder injuries?

Shoulder injuries are common musculoskeletal problems and can occur in various parts of the shoulder.

Disclocation: Dislocations of a joint occur through trauma, when the bones of a joint move out from their normal position. These injuries are managed in the Emergency Department.

Acromioclavicular joint injury (ACJ): The ACJ is the joint between the collar bone and shoulder blade which forms the point of the shoulder. The ligaments around the joint can be damaged. There are various degrees of severity.

Rotator cuff injury: The rotator cuff injury is a tear of some of the muscles around the shoulder. Injury to the rotator cuff tendons can occur from a fall onto the shoulder or outstretched hand. Sometimes the tendons can become inflamed from frequent use such as in sports or overhead motion through manual labour, often called tendonitis.

Frozen shoulder: A frozen shoulder is not an injury but can occur due to lack of use caused by ongoing pain. Arthritis can cause frozen shoulder and it is usually a gradual onset of an aching shoulder.

How is it diagnosed?

The Nurse Practitioner will examine your shoulder for any deformity, bruising, swelling, any bony tenderness, any tenderness over the surrounding muscles and tendons. They will also assess your movement of your shoulder.

Sometimes an x-ray will be performed if the nurse is concerned there may be an injury to any of the bones in your shoulder. However, an x-ray is not required to make a diagnosis for soft tissue problems.

How is it treated?

Acromioclavicular joint injury: A sling will be needed to rest the shoulder. Please follow the advice sheet about shoulder exercises. Take regular analgesia to help with the pain. Ice the area of pain as per advice sheet. Please see your own GP in 1 week if no improvement. The more serious ACJ injuries will be referred to the fracture clinic.

Rotator cuff injury / tendonitis: A sling will be needed to rest the shoulder. Please follow the advice sheet about shoulder exercises. Take regular analgesia to help with the pain. Ice the area of pain as per advice sheet. Please see your own GP in 1 week if no improvement.

Frozen shoulder: Please follow the advice sheet about shoulder exercises. Take regular analgesia to help with the pain. Ice the area of pain as per advice sheet. Please see your own GP in 1 week if no improvement.

Follow up

Please see your own GP in 7 days if no improvement with rest, ice, analgesia and mobilisation.