

Health Corner

Help for Shoulder Pain

The shoulder has the greatest range of motion of any joint in the body, with numerous muscles responsible for proper shoulder mechanics and pain-free movement. It is this complex synchronization, extremes of motion and repetitive nature of many activities that puts the shoulder at risk to a variety of injuries. From acute trauma to chronic wear and tear, it is my job as a shoulder specialist to return my patients to the lifestyle they enjoy. I strive to treat each patient as an individual and take the necessary time to fully understand the problem in order to implement my expertise and provide the best care possible.

Some of the shoulder injuries I treat include:

- Acromioclavicular (AC) Joint Separation / Arthritis
- Adhesive Capsulitis (Frozen Shoulder)
- Arthritis
- Bicep Tendon Ruptures
- Clavicle (collarbone) Injuries and Fractures
- Labral Tears / SLAP Tears
- Dislocation
- Fractures: Mid-Arm to Shoulder
- Pectoralis (Chest) Tear
- Rotator Cuff Tears
- Tendinitis: Bicep and Rotator Cuff
- Winged Scapula



Don't Live with the Pain--- Schedule an Appointment Today

While injury prevention strategies, such as a thorough warm-up and proper mechanics, can help you to avoid shoulder pain, sometimes an injury is unavoidable. Once injured, symptoms can often be managed with simple rest, activity modification and over the counter anti-inflammatory medications. If these treatments fail to resolve the symptoms in a reasonable amount of time, come see me for a consultation, and I will work with you to develop a plan to get you on the road to recovery.

Dr. Kenneth Kearns is a Board Certified, Fellowship trained Shoulder & Elbow Orthopaedic Surgeon who specializes in arthroscopic surgical procedures,

joint replacements, minimally invasive procedures, as well as upper extremity fracture care from the clavicle (collar bone) to the elbow. Dr. Kearns welcomes new patients in his King of Prussia, Willow Grove, Havertown, and Center City offices.

To schedule an appointment with Dr. Kearns, call 1-800-385-PHSC, Visit Hand2ShoulderCenter.com



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