

Patient Code: [ORT-02184](#)

Age: 96

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## Questionnaire

Shoulders

29-01-2025 4:16PM

Have you tried any of the following solutions?

No

Did the pain start after a fall or an injury on the spot?

Yes

## Result

Fracture (Broken Bone): Clavicle, humerus, or scapula fracture

Dislocation: Shoulder joint pops out of place

Rotator Cuff Tear: Tendon damage from sudden impact

Shoulder Sprain or Strain: Ligament or muscle overstretching

Labral Tear: Cartilage tear in the shoulder socket

QR Access Code:  
96VOQ

Scan and View

### What to Do?

Immediate First Aid: Apply ice, rest, and immobilize the shoulder

Seek Medical Attention: X-ray or MRI for diagnosis

Treatment Options: Pain relievers, physiotherapy, or surgery (for severe cases)

If "No" (Pain Developed Gradually or Without Injury)

Possible causes:

Frozen Shoulder (Adhesive Capsulitis): Stiffness and pain worsening over time

Tendonitis or Bursitis: Inflammation due to repetitive use

Arthritis: Wear and tear of shoulder joint

Pinched Nerve (Cervical Radiculopathy): Nerve compression in the neck

Referred Pain: Heart, lung, or gallbladder issues

### What to Do?

Try rest, ice/heat therapy, gentle exercises

If pain persists, consult a doctor for imaging tests

### Media

### Video Links

<https://www.youtube.com/shorts/XvEIKLZdS78>

