

Patient Code: **ORT-02184**
Age: 96

s***@yopmail.com

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>

