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Shoulder pain in adults: Symptom Checker

**DocID**

No DocID – not contained in FarCry

**Title**

Shoulder pain

**Feature Title**

Shoulder pain

**List Title**

Shoulder pain

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**MCV Main tag**

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Content Packages > Symptom checker mobile > Adult > Arms and legs

**MCV Related tag(s)**

**Primary Location**

Diseases and Conditions

**Tease**

Shoulder pain often is due to a mechanical problem in the shoulder joint. Identify possible common causes based on symptoms you're experiencing.

**Abstract**

Find possible common causes of shoulder pain. See our Symptom Checker.

**Benefit Summary**

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**FeatureID**

**Gender**

**Age**

Adult

**ENTER IN FARCRY:**

**When to get medical help**

Get immediate medical care for shoulder pain if pain is caused by an injury and accompanied by any of the following: (1; 2, p. 3)

Exposed bone or tendon

Deformity to the shoulder joint

Severe pain

Sudden swelling

An inability to raise your arm

**Self-care strategies**

The following self-care strategies may lessen mild to moderate shoulder pain: (3)

Use ice to reduce pain and inflammation.

Do gentle exercises to move your arm through its normal range of motion.

Avoid heavy lifting.

Take an over-the-counter pain reliever, such as ibuprofen (Advil, Motrin, others), naproxen (Aleve, others) or acetaminophen (Tylenol, others). Use only as directed on the label, and do not take combinations of pain relievers.

**More Information**

Shoulder pain MY00189

**END OF FARCRY TEXT**

Find possible causes of shoulder pain based on specific factors. Check one or more factors on this page that apply to your symptom.

**Pain is**

Dull or achy

Sharp or severe

**Onset is**

Gradual

Sudden

**Triggered or worsened by**

Everyday activities

Injury

Overuse or exertion

Rest or inactivity

**Accompanied by**

Inability to move shoulder

Muscle spasm

Numbness or tingling

Shoulder or arm weakness

Shoulder stiffness

Swelling

Visible deformity

**Possible causes (**1-3)

These diseases and conditions match at least one of the factors you selected. Those with the most matches are listed first.

DS01184 Broken collarbone (10)

Pain is sharp or severe

Onset is sudden

Triggered or worsened by injury

Accompanied by shoulder stiffness

Accompanied by swelling

Accompanied by visible deformity

DS00032 Bursitis (4)

Pain is dull or achy

Onset is gradual

Onset is sudden

Triggered or worsened by injury

Triggered or worsened by overuse or exertion

Accompanied by shoulder stiffness

DS00597 Dislocated shoulder (5)

Pain is sharp or severe

Onset is sudden

Triggered or worsened by injury

Accompanied by inability to move shoulder

Accompanied by muscle spasm

Accompanied by numbness or tingling

Accompanied by shoulder or arm weakness

Accompanied by swelling

Accompanied by visible deformity

DS00416 Frozen shoulder (6)

Pain is dull or achy

Onset is gradual

Triggered or worsened by rest or inactivity

Accompanied by shoulder stiffness

DS00019 Osteoarthritis (2, p. 2; 7)

Pain is dull or achy

Pain is sharp or severe

Onset is gradual

Triggered or worsened by everyday activities

Triggered or worsened by overuse or exertion

Triggered or worsened by rest or inactivity

Accompanied by shoulder stiffness

DS00192 Rotator cuff injury (8)

Pain is dull or achy

Pain is sharp or severe

Triggered or worsened by everyday activities

Triggered or worsened by injury

Triggered or worsened by overuse or exertion

Accompanied by shoulder or arm weakness

DS00933 Separated shoulder (9)

Pain is sharp or severe

Triggered or worsened by injury

Accompanied by swelling

Accompanied by visible deformity

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