



SHOULDER PAIN

Pain or tenderness in the shoulder

CAUSES

ARTHRITIS

See page 124.

BURSITIS

See page 53.

TENDINITIS

See page 39.

FROZEN SHOULDER

Adhesive capsulitis or frozen shoulder is a shoulder joint that has developed a restricted range of motion. A frozen shoulder is due to scarring, thickening and shrinkage of the capsule that is found around the normal shoulder joint. People with diabetes, arthritis or those who have undergone breast or chest surgery can develop this condition. Without aggressive treatment, this may become permanent.

Symptoms:

- Limited range of motion of the shoulders in all directions
- Pain and inflammation

DO:

- Seek medical help. This can be treated with anti-inflammatory drugs, cortisone injections and regular sessions with a physical therapist.

DON'T:

- Don't be afraid to discuss symptoms with a doctor.

SINUS PAIN

Pain due to sinusitis or colds

Sinus pain is a severe nasal congestion with mucus. A headache that becomes worse in the morning or when bending forward is usually felt. There may also be pressure around the eye or head, or pain in the cheeks – possibly accompanied by low-grade fever and upper tooth pain.

COMMON COLD

See page 71.

SINUSITIS

See page 136.

OTHER CAUSES

Allergic rhinitis or hay fever and certain medications may cause sinus pain.

