Symptoms
Tell your care team if you feel numbness, weakness, or aren’t able to do some motions.

Medical History
We will ask about your past medical issues, like injuries, surgery, diabetes, or weakening bones.

Exam
• Your care team will do a physical exam to check for any damage to your nerves or bones.
• Your team may order an X-ray to check for a fracture or arthritis.
• MRIs* are usually not needed to check out shoulder pain.

Treatment Plan
• Most shoulder pain, whatever the cause, gets better with physical therapy (PT).
• Treatments like heat, ice, and anti-inflammatory medicine can also help.
• If you do not improve after a standard course of PT, your care team will re-check you.

*MRI means magnetic resonance imaging, which takes pictures of the inside of your body

When is an MRI Scan Most Helpful for Shoulder Pain?

• MRI means magnetic resonance imaging, which takes pictures of the inside of your body
• An MRI is not a standard test for finding the cause of shoulder pain.
• A complete exam that includes questions about your medical history is enough to diagnose and treat most shoulder pain.
• An MRI is best used when your doctor suspects a specific problem. That’s something other than the muscle strain that causes most shoulder pain.