

Cause	Repetitive micro-trauma, age related "wear and tear", or traumatic
Symptoms	Pain, especially loaded activities, often felt in the shoulder and deep inside. Weakness, and crepitus (making popping / odd noises)
Signs	Pain and weakness when the shoulder is examined. Crepitus may be present at the extremes of passive motion, or in the mid-arc.
Natural History	Arthritis can be early or late stage, and symptoms may fluctuate. Generally arthritis progresses with time, and does not necessarily correlate with symptoms. With worsening arthritis, pain and weakness may increase, and may culminate in pain at rest, with ADLs, and may awaken the patient from sleep.
Imaging	Plain X-rays (Shoulder series) MRI / Ultra-sound (extent and chronicity)
Non-operative Treatment	Physical Therapy - rotator cuff and scapulothoracic strengthening, and NSAIDs Cortico-Steroid Injection - if non-surgical candidate
Operative Treatment	Depends upon arthritis stage and chronicity: Arthroscopic debridement versus replacement
MMI (Maximum Medical Improvement)	Non-operative 8-12 weeks Operative 12-24 weeks
Work Status Until MMI	No overhead activity, no lifting more than 11lb weights, no pushing / pulling, especially behind body plane. Light duty 6-10 weeks postop
Questions	srinath.kamineni@uky.edu
Patient Scheduling	+1 (859) 323 5533