**BLOG POSTS ­– Common Causes of Severe Shoulder Pain\_d2**

Cutting Edge Integrative Pain Centers

**Common Causes of Severe Shoulder Pain**

**Keyword**

Severe Shoulder Pain

**Target Web Page:**

<http://michianapainrelief.com/services/>

**Description Tag** (159 characters):

Don’t let shoulder pain hang around. Learn the common causes of severe shoulder pain, and how the experts at Cutting Edge Integrative Pain Centers can relieve it.

**Title Tag / Headline**: Common Causes of Severe Shoulder Pain

So, your shoulder is a little sore from working out or sleeping on it. No big deal, right? Maybe not at first. But here’s why you should never shrug off shoulder pain, especially if it’s intense or severe: *The shoulder joint is the most mobile joint in the body.* It moves the shoulder forward and backward. It’s also the reason you can move your arm in a circular motion, and move it up and away from your body.

When injury or severe pain causes you to lose that generous range of motion, everyday movements like pouring a cup of coffee or turning the wheel of a car can become extremely difficult. Severe shoulder pain can interrupt your work and family life, too. So, what causes it?

**Common causes of severe shoulder pain**

The most common cause of severe shoulder pain is rotator cuff tendinitis (inflamed tendons). It usually occurs over time. It can be the result of sleeping on the same shoulder every night, or doing manual labor or playing sports during which you’re frequently lifting your arm over your head.

Other sources of shoulder pain include different types of arthritis, torn cartilage or a torn rotator cuff. Swelling of the bursa sacs (which protect the shoulder) or tendons can also cause pain. Some people develop bone spurs, which are bony projections that develop along the edges of bones.

Injuries or bone breaks, even from repetitive movement, can also spark shoulder pain. Even certain diseases, like those of the liver, heart or gallbladder, can cause pain that travels to the shoulder.

**A comprehensive approach to lasting pain relief is close by**

No matter the source of your shoulder pain, the board-certified pain specialists at Cutting Edge Integrative Pain Centers will find it. People of all ages, maybe even your friends and neighbors, have trusted us for lasting [shoulder pain relief in Michiana](http://michianapainrelief.com/services/). Our personalized approach to your pain relief may involve physical therapy, yoga, medication, minimally invasive surgical procedures and more. Contact us today to stop feeling the pain and start feeling like yourself again.

To learn more or schedule an appointment, call 574-821-4363 or [click here](http://michianapainrelief.com/contact-us/) to use our online form.

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