

# Download Dislocation Of The Shoulder

A dislocated shoulder happens when your upper arm pops out of your shoulder socket. The shoulder is one of the easiest joints to dislocate because the ball joint of your upper arm sits in a very shallow socket. This makes the arm extremely mobile and able to move in many directions, but also means it isn't very stable. A dislocated shoulder is when the head of the humerus is out of the shoulder joint. Symptoms include shoulder pain and instability. [2] Complications may include a Bankart lesion, Hill-Sachs lesion, rotator cuff tear, or injury to the axillary nerve. What is a Dislocated Shoulder? A dislocated shoulder occurs when the ball of your upper arm bone (humerus) is forced fully out of its normal position on the shoulder socket (glenoid labrum). A shoulder dislocation is usually associated with extreme pain and an inability to move your arm until it is relocated back into the socket. Dislocation of the shoulder is often associated with damage to the joint capsule (as in Bankart's and Hill-Sachs lesions) and this can lead to instability and predispose to recurrent dislocation. 80-94% of patients who have a dislocation under the age of 20 years will have a recurrence of their dislocation., Dislocation Of The Shoulder.

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