

# Shoulder Injuries

*Injury caused by pushing, pulling, throwing, falling, etc*

## Common Symptoms:

Swelling	Pain	Discoloration	Muscle Spasm
Inability to use	Decreased motion	Tenderness	

## Treatment/ Care:

**Ice:** 20 mins on 20 mins off

**Elevation:** elevate above your heart.

**Rest:** Decline from activity, Use a sling.

**NSAIDS:** May take Ibuprofen or Tylenol

*Report to your injury to the Athletic Trainer*

