

Shoulder Fractures

What Causes Shoulder Fractures?

Shoulder fractures can result from various traumatic events or injuries, including:

- Falls onto an outstretched arm or directly onto the shoulder.
- Motor vehicle accidents, especially those involving high-speed collisions or direct impact to the shoulder.
- Sports injuries, particularly contact sports or activities that involve repetitive overhead motions.
- Direct blows or trauma to the shoulder from falls, collisions, or physical altercations.

What Are The Different Types Of Fractures?

Shoulder fractures can occur in various bones around the shoulder joint, including:

- Proximal humerus fracture: A break in the upper arm bone (humerus) near the shoulder joint.
- Clavicle fracture: A fracture of the collarbone (clavicle), which connects the shoulder to the chest.
- Scapula fracture: A fracture of the shoulder blade (scapula), which provides attachment for the muscles of the shoulder and arm.

What Is The Recovery Process?

The recovery time-frame for shoulder fractures depends on several factors, including the type and severity of the fracture, the individual's overall health, age, and adherence to treatment recommendations. In general:

- Proximal humerus fractures: Recovery may take several weeks to months, with immobilization of the arm in a sling or brace followed by gradual rehabilitation exercises to restore range of motion and strength.
- Clavicle fractures: Most clavicle fractures heal within 6-12 weeks with appropriate immobilization and activity modification. Rehabilitation exercises may be necessary to restore shoulder function and prevent stiffness.
- Scapula fractures: Recovery time varies depending on the location and severity of the fracture. Non-displaced fractures may heal within a few weeks, while displaced fractures or those involving multiple fragments may require longer recovery periods and rehabilitation.