

## Common Shoulder terms Used by Your Doctor

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**Acromioclavicular (AC) Joint:** this joint connects the acromion to the clavicle and is made up of strong ligaments

**Acromion:** the topmost point of the scapula; supports the deltoid muscle and connects the shoulder blade to the clavicle

**Acromioplasty:** a procedure to cure Impingement Syndrome; in this procedure damaged tissue of the shoulder can be removed, the sub-acromial space can be increased, and the inflamed bursa can be cleared

**Adhesive Capsulitis (“Frozen Shoulder”):** a condition in which the capsule becomes inflamed and the joint stiffens; in this condition there is pain and a progressive loss of shoulder motion, due to adhesions (bands of tissue) that develop between tendons and ligaments, restricting bone motion

**Allograft (of cartilage or ligaments):** transplant of frozen cartilage or ligaments from a donor

**Anesthesia:** a drug that causes a patient to lose sensation or consciousness so that surgery can be performed without any pain: can be “local,” in which case only the region being operated on becomes numb, “regional,” in which everything below the waist becomes numb, or “general,” in which the patient will be put to sleep

**Arthritis:** a disease in which the joints become inflamed, causing pain and stiffness

**Arthrogram:** injection of a radioactive substance in order to take a radiograph of a joint

**Arthroscopy:** a minimally invasive surgery in which one looks inside a joint with a fiber-optic scope and can perform procedures

**Articular cartilage:** see Cartilage

**Autograft (of cartilage or ligaments):** transplant of cartilage or ligaments from one part of the patient's body to another

**Biceps:** muscle that starts at the elbow and splits into two tendons; the shorter tendon (short head) ends at the coracoid process of the scapula; the larger tendon (long head) enters the shoulder joint

**Biceps tenodesis:** a surgical procedure in which the ruptured end of the biceps tendon is anchored to the upper end of the humerus

**Blood clot:** a mass of gelled blood cells

**Bone spurs:** abnormal bone projections that grow off of joints

**Bursa sac:** a small, fluid-filled sac made of tissue that creates surfaces for smooth motion

**Calcified Tendonitis:** a partial tear of the rotator cuff that is associated with calcium deposits in the substance of the tendon

**Capsular Shift procedure:** performed when the ligaments and capsule lining are stretched out of shape; the loose capsule is tightened at the same time as the ligaments are repaired

**Cartilage:** a type of connective tissue that covers joint surfaces, cushions the bones, and absorbs shock

**Clavicle:** the collarbone

**Coracoacromial ligament:** a ligament that connects the coracoid process to the acromion

**Coracoid process:** a part of the scapula that helps stabilize the shoulder joint

**Degenerative tear:** a tear that usually occurs when cartilage weakens and thins over time; becomes more prone to tear from simple motion

**Dislocation:** when a joint has slipped completely out of place

**Distal:** used to describe something that is situated away from the center of the body, such as a limb

**Fracture:** a cracked bone

**Glenoid cavity:** the shoulder socket

**Glenoid labrum:** the rim of tissues surrounding the glenoid cavity

**“Greenstick” fracture:** a fracture that occurs in the middle of children’s bones since they can bend without breaking

**Growth plates:** softer, developing bone in growing children; they cannot be seen in X-rays

**Hill Sach’s Lesion:** damage to the head of the humerus

**Humerus:** the upper arm bone; the head of the humerus rests in the glenoid

**Hyperextension:** extension of a joint beyond its normal range

**Hypertension:** high blood pressure

**Impingement Syndrome:** a condition that results from overuse of the shoulder; the tendons and bursa may thicken and pinch against the bone, causing irritation and pain, and can also occur at the AC joint

**Insidious:** a disease develops so gradually that it is usually well established before it is diagnosed

**Labrum:** the cartilaginous lip that covers the edge of the glenoid cavity

**Lateral:** used to describe something that is located away from the center of the body

**Ligament:** tough tissue connecting bone to bone

**Loose bodies:** cartilage fragments that detach and are loose in the knee

**Medial:** used to describe something that is located towards the center of the body

**Microfracture technique:** a technique in which bone surface is drilled in order to help blood and marrow get to the surface

**Magnetic Resonance Imaging (MRI):** strong magnets and radio waves are used to create images of the soft tissues in the body; MRIs are clearer than X-rays

**Mumford Procedure:** a resection of the prominent tip of the distal clavicle

**NSAIDs:** Non-Steroidal Anti-Inflammatory Drugs (for example, aspirin and ibuprofen)

**Osteoarthritis:** a disease in which the cartilage of joints breaks down over time

**Osteochondritis Dissecans (OCD):** when fragments of bone below a joint lose blood and separate from the rest of the bone

**Periosteum:** the membrane that lines the outside of all bones, except for the end of long joints

**Proximal:** used to describe something that is situated close to the center of the body

**RICE:** Rest, Ice, Compression and Elevation

**Rotator cuff:** made up of four muscles and their tendons that originate from the scapula and form a single tendon unit that inserts on the upper humerus; it helps stabilize the shoulder within the joint, lift the arm, and rotate the humerus

**Scapula:** the shoulder blade

**Scar tissue:** connective tissue forming a scar, composed mostly of fibroblasts and unorganized collagen

**Sprain:** the stretching or tearing of a ligament

**Subluxation:** a partial dislocation

**Synovitis:** an inflammation of the lining of a joint

**Tendon:** tough tissue connecting muscles to bones

**Trapezius muscle:** two muscles, one located on either side of the upper back; mainly used to stabilize and rotate the scapula

**Tuberosity:** a prominence on a bone where ligaments or tendons will attach; the humeral head has greater and lesser tuberosities: the infraspinatus and supraspinatus attach to the greater tuberosity and the subscapularis attaches to the lesser tuberosity

**X-ray:** electromagnetic radiation that bounces off bones to create a photograph of some part of a person's skeleton; commonly used to make diagnoses