

Shoulder pain can be caused by various factors, including:

1. **Rotator cuff injuries:** The rotator cuff is a group of muscles and tendons that stabilize the shoulder joint. Injuries to the rotator cuff, such as tears or strains, can result in shoulder pain.
2. **Shoulder impingement** occurs when the rotator cuff's tendons become compressed or pinched between the shoulder bones. It can cause pain and limit shoulder movement.
3. **Frozen shoulder:** Also known as adhesive capsulitis, this condition causes stiffness and pain in the shoulder joint, often resulting in limited mobility.
4. **Osteoarthritis:** Wear and tear of the shoulder joint over time can lead to osteoarthritis, causing pain, inflammation, and reduced range of motion.
5. **Shoulder dislocation:** When the upper arm bone (humerus) pops out of the socket in the shoulder blade (scapula), it can cause severe pain and instability.
6. **Bursitis:** Inflammation of the fluid-filled sacs (bursae) that cushion the joints can cause shoulder pain.
7. **Tendinitis:** Inflammation of the tendons in the shoulder, such as biceps tendinitis or supraspinatus tendinitis, can result in pain and limited shoulder movement.
8. **Fractures or bone injuries:** A broken collarbone (clavicle), humerus, or shoulder blade can cause intense pain and require medical attention.
9. **Shoulder instability:** When the structures that hold the shoulder joint in place become loose or stretched, it can lead to recurrent shoulder dislocations and pain.
10. **Other conditions:** Shoulder pain can also be a symptom of other underlying health issues, such as nerve impingement (pinched nerves), heart conditions, or referred pain from the neck or cervical spine.

It's important to consult with a healthcare professional to determine the underlying cause of your shoulder pain and develop an appropriate treatment plan.