



Treatment for Arm and Shoulder Pain

If you're living with chronic arm or shoulder pain, even simple daily activities—like reaching for a shelf, lifting groceries, or getting dressed—can feel frustrating and exhausting. Whether your pain is due to arthritis, a [rotator cuff injury](#), nerve compression, or overuse, it can limit your mobility, disrupt your sleep, and keep you from doing the things you love.

At Desert Spine and Sports Physicians, we specialize in non-surgical treatments that target the root cause of your pain, helping you regain function and improve your quality of life—without the risks or downtime of surgery. If you're ready to move freely again, we're here to help.

Arm and shoulder pain can be categorized based on its cause, location, and nature. Understanding these distinctions can help determine the most effective non-surgical treatment options. The most common types include:

- Musculoskeletal Pain
- Joint and Arthritic Pain
- Nerve-Related Pain
- Referred Pain (from other areas of the body)

Causes of Arm & Shoulder Pain

Arm and shoulder pain can arise from various sources, including:

- Rotator Cuff Injuries
- Tendinitis & Bursitis
- [Osteoarthritis](#) (Shoulder Joint Degeneration)
- Labral Tears
- Frozen Shoulder (Adhesive Capsulitis)
- [Cervical Radiculopathy](#) (Pinched nerve in the neck)
- Repetitive Strain or Overuse Injuries

Symptoms of Arm & Shoulder Pain

Common symptoms associated with arm and shoulder pain include:

- Shoulder pain that worsens with movement, especially overhead motions
- Decreased range of motion
- Stiffness and pain that worsens with activity or at night
- Radiating pain from the neck down the arm
- Numbness, tingling, or a "pins and needles" sensation

Arm and shoulder pain isn't just an inconvenience — it can negatively impact your overall well-being, making addressing it promptly of the utmost importance.

Diagnosing Arm and Shoulder Pain

As physicians of function, we believe the most effective treatments come from taking a whole-person approach to care. This begins with a [comprehensive diagnostic exam](#) to understand the root cause of your arm and shoulder pain.

At Desert Spine and Sports Physicians, our expert Physiatrists provide:

- Thorough physical examination and medical history review
- Orders for advanced imaging studies, including:
 - X-rays to assess bone structure and alignment
 - MRIs to evaluate soft tissues, including tendons and nerves
 - CT scans for detailed bone imaging
- [Electrodiagnostic testing](#), including EMG (electromyography) and nerve conduction studies, to assess nerve and muscle function

State-of-the-art diagnostic tools allow us to pinpoint the exact source of your pain, ensuring targeted and effective treatment.

Non-Surgical Treatment Options for Arm and Shoulder Pain

At Desert Spine and Sports Physicians, we specialize in [personalized, non-surgical care](#), offering a wide range of options.

Physical Therapy

We collaborate with [expert physical therapists](#) to create customized exercise programs to:

- Strengthen arm and shoulder muscles
- Improve flexibility and range of motion
- Correct posture
- Reduce pain and prevent recurrence

Non-Surgical Regenerative Therapies

We also utilize advanced, regenerative, and minimally invasive procedures, including:

- **[Platelet-Rich Plasma \(PRP\) Therapy](#):** This uses the patient's blood platelets to stimulate healing and reduce inflammation in injured tendons, ligaments, and joints.
- **[Bone Marrow Aspirate Concentrate \(BMAC\)](#):** Similar to PRP, this regenerative therapy utilizes stem cells and growth factors from a patient's bone marrow to promote healing.
- **[Corticosteroid Injections](#):** These injections contain steroids, which are powerful anti-inflammatory medications used to reduce acute pain and inflammation in affected areas.

All procedures use image guidance, including [ultrasound-guidance](#) and fluoroscopic-guidance to ensure precision and safety.

Non-Opiate Medication Management

When appropriate, we may also recommend:

- Pain relievers
- Anti-inflammatory medications
- Muscle relaxants
- Oral steroids
- Topical treatments

Why Non-Surgical Treatments for Arm and Shoulder Pain?

Our [Physical Medicine and Rehabilitation \(PM&R\) specialists](#) prioritize non-surgical treatments for arm and shoulder pain because:

- They can be highly effective in managing and resolving pain from any source
- They have fewer risks compared to surgical interventions
- They allow us to treat the underlying cause of pain instead of simply masking symptoms
- They can help patients avoid unnecessary surgery and its associated risks
- They often lead to faster recovery times and a quicker return to normal activities

We aim to provide long-lasting relief and improved function without the need for invasive surgical procedures.

Why Choose Desert Spine and Sports Physicians

When you work with Desert Spine and Sports Physicians to combat your arm and shoulder pain, you're choosing a team of Arizona-based, [board-certified Top Docs](#) with specialized expertise in [regenerative, non-surgical care](#).

With decades of combined experience, we excel in diagnosing and treating complex conditions using a comprehensive, whole-person approach. Our state-of-the-art diagnostic and treatment technologies allow us to create customized plans tailored to your needs and goals, and we're committed to providing long-term pain relief and improved mobility.

At Desert Spine and Sports Physicians, we go beyond just treating symptoms — we help you move beyond pain and decreased function and empower you to reclaim your life.

Desert Spine and Sports Physicians - Phoenix Office 3700 N. 24th Street Suite 210 Phoenix, AZ 85016	Desert Spine and Sports Physicians - Mesa Office 6634 E. Baseline Rd. Suite 101 Mesa, AZ 85206	Desert Spine and Sports Physicians - Scottsdale Office 8670 E. Shea Blvd. Suite 102 Scottsdale, AZ 85260	Desert Spine and Sports Physicians - Peoria Office 13128 N. 94th Drive Suite 200 Peoria, AZ 85381	Desert Spine and Sports Physicians - Gilbert Office 3615 S. Rome St. Gilbert, AZ 85297
--	---	---	--	--