

You may be entitled to [workers' compensation](#) benefits if you have suffered an on-the-job shoulder injury and are unable to work. A North Carolina shoulder injury attorney can review your case and assess whether you may have a claim.

## Common Causes of Work-Related Shoulder Injuries

Many shoulder injuries are caused by catastrophic accidents, but just as many are the result of common, everyday workplace conditions such as overuse, overexertion, or repetitive stress injuries. As the most flexible and mobile joint in the body, the shoulder is particularly susceptible to injury. Some of the most common causes of work-related shoulder injuries include the following:

- Falls
- Car accidents
- Lifting and carrying
- Pushing and pulling
- Overhead movements
- Hand and arm vibration caused by power tools or machinery
- Awkward twisting

You will need to prove that your shoulder injury was suffered in the course of your employment, requires medical treatment, and limits your ability to work. An experienced North Carolina shoulder injury attorney will know what evidence you need to support your claim.

## Common Types of On-the-Job Shoulder Injuries

Some of the most common shoulder injuries that workers suffer include the following:

- **Dislocated shoulder (adhesive capsulitis)** – This is an injury where the head of the humerus (the upper arm bone) slips out of the shoulder joint. A dislocated shoulder can result in bruising, swelling, pain, and numbness. Treatment may require relocating the head of the humerus in the shoulder joint followed by immobilization and rehabilitation. Surgery may be required in some cases.
- **Frozen shoulder** – This injury arises from the tightening and thickening of the tissues surrounding the shoulder joint resulting in lost shoulder mobility and pain. Treatment typically involves physical therapy and exercise, but sometimes steroid shots and other medications are necessary. In some cases, arthroscopic surgery may be required.
- **Rotator cuff injuries** – These can include both tears in the rotator cuff tendon in the shoulder as well as bursitis. Rotator cuff injuries are typically repetitive use injuries, leading to lost range of motion and pain. While physical therapy can help, surgery is typically required to repair the injury.
- **Shoulder impingement** – These are common injuries for workers who perform work with their hands above shoulder level. It is caused by rotator cuff grinding against the top shoulder bone, resulting in swelling of the tendons. Treatment usually involves over-the-counter anti-inflammatory medications, icing, and physical therapy. Nonetheless, the condition is painful and can result in some loss of shoulder mobility.
- **Tendonitis** – The tissues surrounding the tendons can become inflamed and painful when the tendons are strained or pinched by nearby bones. The condition can be quite painful and make it difficult to use the affected shoulder. Treatment is usually limited to physical therapy, anti-inflammatory medication, and other non-invasive procedures, but surgery may be required in severe cases.

## Talk to a North Carolina Shoulder Injury Attorney Today

Shoulder injuries can be quite painful and make it incredibly difficult to do your job. You likely need medical treatment and time off from work. A North Carolina shoulder injury attorney from Martin & Jones can help you get the workers' compensation benefits you need. [Contact us](#) today at 800-662-1234 to schedule a free consultation to discuss your case.