

Mayo Clinic Medical Edge

Shoulder Arthritis

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	MANY PEOPLE HAVE A TOUGH TIME SLEEPING IN A STRANGE BED. BUT WHAT IF YOU COULDN'T EVEN GET A GOOD NIGHT'S SLEEP IN YOUR OWN BED?
John Sperling, M.D.	"A THIRD OF MY PATIENTS COMING IN HAVE BEEN SLEEPING IN RECLINERS, TRYING TO FIND A COMFORTABLE POSITION WHERE THEY'RE GOING TO GET SOME PAIN RELIEF IN THEIR SHOULDER."
	IF FACT, MAYO CLINIC DR. JOHN

	<p>SPERLING SAYS NIGHTTIME PAIN IS PROBABLY THE NUMBER ONE COMPLAINT FROM HIS PATIENTS WITH SHOULDER ARTHRITIS. BUT JUST ONE REASON IT CAN BE SO DEBILITATING.</p>
<p>Dr. Sperling</p>	<p>“SO, TYPICALLY A LOT OF PAIN AT NIGHT, A LOT OF PAIN WITH ACTIVITIES OF DAILY LIVING AND THE PAIN IN MANY OF THESE PATIENTS CONTINUES TO BE PROGRESSIVE.”</p>
	<p>DR. SPERLING ALSO NOTES THAT ON AVERAGE, PATIENTS WHO UNDERGO JOINT REPLACEMENT SURGERY ARE MUCH YOUNGER THAN THOSE WHO NEED TO HAVE A KNEE OR HIP REPLACED.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>