

LEAVE YOUR SHOULDER PAIN BEHIND



FREE ONLINE HEALTH LECTURE

Relieving shoulder pain

When Thursday, July 15, from 7 to 8 p.m.

Where Watch online. You'll get the link once you register.

Treatment Innovations for Rotator Cuff Injuries

Do you experience a dull ache deep in the shoulder? Have you noticed weakness in your arm that makes even simple activities—combing your hair or scratching your back—difficult or even impossible? Is the pain disturbing sleep? Then you might have a rotator cuff injury, which can occur suddenly, such as from a fall, or slowly over time from overuse or normal wear and tear.

Orthopedic surgeon Dr. Meredith Mayo, who is fellowship trained in both sports medicine and complex shoulder surgery, will describe the newest approaches for relieving the pain of a rotator cuff injury, from non-surgical treatments to the latest surgical options.

RESERVATIONS REQUIRED:

bchlectures.org/shoulder



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