Shoulder Arthritis Treatment, Non Surgical
There are 2 joints in the shoulder, the smaller top one or AC joint. Below it is the larger ball and socket, glenohumeral joint. Both can become arthritic.
If there is not too much arthritis, I have a lot of faith in joint injections. This can be very helpful and relieve pain for a long time. I’m talking about steroid or cortisone type injection.
Other treatments exist of course to relieve inflammation and keep the shoulder moving. PT can do this. Oral anti-inflammatory medication can work on occasion.
Lubrication – pain relieving medication like Supartz or Synvisc can be used in special cases. You would have to check with me about this if it is to be used in the shoulder. Most insurance companies do not pay for Supartz (lubrication) injections in the shoulder

Vitamin D and Arthritis
I am frequently asked if Vitamin D should be taken to treat arthritis. The subject is complicated. I wish I could say yes or no.
Let me simplify (If I can!).
• Osteoarthritis and Vitamin D deficiency are both age related disorders.
• Absorption of Vitamin D from food is less in older persons.
• Vitamin D can’t keep arthritis from happening.
• Taking enough Vitamin D may prevent arthritis from worsening.
• Vitamin D causes absorption of Calcium and Phosphorus needed for bone growth and repair.

So, yes. Take Vitamin D. If you are over 60, take 2000i.u. per day.

What is the Iliotibial Band?
It is a thick band of fibrous tissue that starts at the outside of the hip and goes to the outer side of the leg just below the knee. A sac or bursa on the outer side of the knee under the iliobibial band can get inflamed, catch and be painful.

Treatment
• Rest from activities temporarily
• Ice
• Anti-inflammatory meds like Advil, Motrin or similar
• Possibly Physical Therapy
• Knee brace
• Orthotics
• Steroid injection in painful area.
That’s it in a nutshell. The iliotibial band problem rarely requires more treatment than this in my experience. It does require someone such as myself to be making the recommendation.

*My patients put their trust in me and what I do improves the quality of their lives.*

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Good health, good life, all the best to you.

315 Warwick Drive
Alma, Michigan 48801
Phone 989-463-6092

Dr. Haverbush