

Shoulder pain

Use lidocaine patch for pain. consider over the counter lidocaine or ibuprofen creams or ointment Take steroids in the morning with food. Stop if any abdominal pain or black or bloody stools. Wear sling but take your arm out at least 3 times a day and do gentle range of motion exercises. follow up with orthopedics Take tylenol per bottle instructions and if continued pain then take tramadol and robaxin but these can make you sleepy so do not drive or operate machinery or care for others for 6 hours of taking the medicine. Follow up with Orthopedics Ice and elevate your arm in sling. Return any new or worsening symptoms. Return any chest pain shortness of breath numbness weakness paleness or increased pain.