



# WORK RIGHT REVIEW

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## THE COST OF INJURY: THE SHOULDER

BY WRNW



At Work Right, our goal is to keep you working and prevent injuries! Aside from the inconveniences that come with shoulder pain, injuries are expensive! Let's break down the expense of common shoulder injuries to give you some perspective.

### Costs of Shoulder Surgeries

The shoulder injury is one of the most expensive types of injuries to repair:

- **Arthroscopic Shoulder Surgery:** The average arthroscopic shoulder surgery cost in the US is \$25,925.
- **Shoulder Repair Surgery:** This surgery is a minimally invasive procedure and averages \$19,500.
- **Rotator Cuff Surgery:** National average rotator cuff surgeries costs \$21,800.



Alarmed yet? These costs are definitely not pocket change and don't say anything to the point about the additional cost of rehab. The NSC reports shoulder injuries also result in an average of 28 days lost from work.

### Prevent That Injury!

Newly motivated to prevent the injury outright? Here are some tips for you to proactively prevent a shoulder injury:

- **Always warm-up and warm up!**
  - Apply heat to shoulder muscles prior to exercise.
  - Keep arm below shoulder height while doing arm stretches.
  - Gradually increase movements during shoulder warm-ups.
- **Increase shoulder strength.** Strengthening exercises can help stabilize the joint.
- **Cross train.** Our core also helps stabilize our shoulders. Make sure you strengthen other areas of your body.
- **Rest.** If you notice pain during a certain activity find an alternative exercise to take the load off the area.
- **Change your sleeping position.** If you lay on your side, avoid lying on your injured shoulder.



**WANT TO READ MORE?  
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Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.



Knowing the principles of being PREPARED, will help to prevent injuries and stay at work. Treat your body like you matter - you only get one in this lifetime.