



INJURIES OF THE SHOULDER

& Treatment Options



**MEIER ORTHOPEDIC
SPORTS MEDICINE**

Steven W. Meier, M.D.

ABOUT DR. MEIER

PROFESSIONAL QUALIFICATIONS

BOARD CERTIFICATION

Diplomate, American Board of Orthopedic Surgery

FELLOWSHIP TRAINING

University of California, San Diego
Sports Medicine and Arthroscopic Surgery

RESIDENCY TRAINING

Northwestern University, Chicago
Orthopedic Surgery

MEDICAL SCHOOL

Loyola University Chicago Stritch School of Medicine

ACADEMIC APPOINTMENTS

Assistant Clinical Professor, University of California, Irvine Department of Orthopedic Surgery



ACADEMIC MEMBERSHIPS



AANA

Association of Neurological Surgeons



Health Volunteers Overseas

Improving Global Health Through Education



Orthopedics
Overseas



California
Orthopaedics
Society



RENOWNED EXPERT

Dr. Meier lectures internationally, employing his extensive knowledge of advanced orthopedic and sports medicine techniques to educate other surgeons throughout the USA and around the world. In addition to teaching his peers in the medical community, he serves on the medical advisory board for national companies, and has published numerous clinical studies and case reports in peer-reviewed medical journals and specialty textbooks.

SHOULDER INJURIES



The shoulder is the most freely movable joint in the body.

Its unique structure allows for nearly unrestrained positioning and rotation of the arm in many directions and planes. However, the price of the shoulder's great mobility is that it can easily be injured.

Shoulder injuries can be commonly caused both by athletic activities such as tennis, or everyday activities at work or around the house that involve excessive, repetitive, or overhead arm motions.

Shoulder instability occurs when the arm bone of the shoulder joint has a tendency to come out of its normal position. Shoulder impingement, on the other hand, is caused by excessive rubbing of the shoulder tendons against the bony top protecting the shoulder. People may also develop arthritis over time due to overuse and overexertion of the shoulder.

Some of the most common shoulder conditions and injuries include:

- Rotator cuff tears
- Acromioclavicular (AC) joint sprains and separations
- Shoulder dislocation
- Fractures of the humerus (arm bone)
- Shoulder instability
- Arthritis/joint degeneration

SHOULDER TREATMENT OPTIONS

The treatment options for shoulder injuries depend on the nature of the problem.

Whenever possible, Dr. Meier will always suggest non-surgical methods of treatment before recommending surgery.

When surgery is needed, Dr. Meier will utilize his knowledge of leading-edge surgical techniques to repair your shoulder. Patients feel at ease when turning to Dr. Meier for surgery because he is a renowned shoulder surgeon, specializing in arthroscopic procedures and repair.

Dr. Meier routinely performs the following shoulder procedures:

- Shoulder arthroscopy
- Arthroscopic rotator cuff repair
- Arthroscopic decompression
- Biceps tendon relocation
- Shoulder cartilage repair/shaping
- Arthroscopic shoulder capsule release
- Fracture fixation
- Arthroscopic shoulder instability repair



PHILOSOPHY

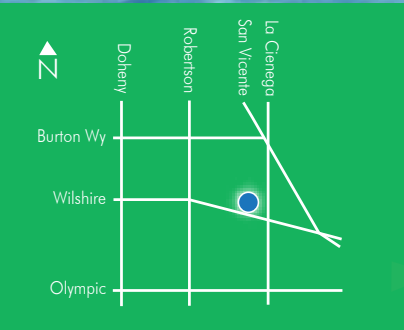


Whether working with recreational athletes, injured workers, or any other individuals, Dr. Meier provides each patient with the quality of care given to professional athletes.

Dr. Meier utilizes several therapeutic approaches, which may include an exercise program, rehabilitation, and/or minimally invasive surgery. When surgery is necessary, the most current and leading-edge technologies are employed to result in less post-operative pain and a faster recovery.

Since Dr. Meier is known as a leading surgeon within his specialty, patients with complex musculoskeletal problems often seek him out for a second opinion or for revisional surgery. As a result, some patients do travel from out-of-state and overseas to receive top care from Dr. Meier. Other orthopedic surgeons in the LA area often consult with Dr. Meier when they encounter difficult cases that may fall beyond the boundaries of their expertise.

Dr. Meier has refined how to individualize and streamline medicine to meet the demands of high-performance individuals, providing the same level of progressive treatment to athletes and non-athletes alike.



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