

Are there other things I can do?

- Strength and endurance exercises for your shoulder might help reduce pain and improve function.
- Modifying your activities and using pain relieving medicines when needed might help reduce pain.
- Seek advice from a health professional about the options that best suit your needs.
- Consider surgery at a later point if the above points do not help

Questions to consider when talking with your doctor...

- Do I need arthroscopic surgery?
- What happens if I don't have arthroscopic surgery?
- Do I know enough about the benefits and harms of:
 - » having arthroscopic surgery of the shoulder?
 - » not having arthroscopic surgery?
- Am I clear about which benefits and harms matter most to me?
- Do I have enough information and support to decide?



+ Questions to consider when talking with a health professional...

-  Do I need surgery? What happens if I don't have surgery? What happens if I do nothing?
-  Is surgery suitable for me? Which surgery is suitable for my diagnosis?
-  Can I have surgery later? If so, how long should I wait before considering surgery?
-  Have I considered my situation before making any decisions (eg. age, pain severity, activity levels, job demands, insurance coverage, caring responsibilities, involvement in sport, etc)?
-  Do I understand enough about my condition and the benefits and harms of having surgery and not having surgery?

