



Muscle Imbalance in the Shoulder

Overview

Some of the muscles in your shoulder have opposing roles. When you move your arm, certain muscles contract while their opposing muscles relax. But when a muscle becomes much stronger than its opposing muscle, your shoulder can become unstable. You may have trouble moving it normally. We call this a "muscle imbalance."

Causes

This can happen if you have a strength training routine that doesn't work your muscles evenly. It can happen if you perform repetitive motions at your job. You can develop a muscle imbalance if you play a sport that builds some muscles but not others. And, it can happen as a result of a shoulder injury.

Symptoms

A muscle imbalance can limit your arm's range of motion. You may feel pain, stiffness, weakness or numbness. Your shoulder may swell. And, you may have muscle spasms.

Treatment

A muscle imbalance can be treated with physical therapy. Your healthcare provider can create a plan that's right for you.

