



Winged Scapula



Overview

This is a problem of the scapula bone. That's your "shoulder blade." With this condition, you have a shoulder blade that sticks out instead of lying flat. It lifts away from your back, and it doesn't look like your other shoulder blade.

Causes

A winged scapula is caused by a weak muscle that is supposed to stabilize your shoulder blade. But an injury that hurts your muscle or the nerves of the brachial plexus can bring it on. You can develop a winged scapula after a sports injury or a traumatic accident.

Symptoms

Symptoms include pain and weakness. You may not be able to fully lift your arm or move your shoulder through its full range of motion.

Treatment

Treatment may include medications and physical therapy. If these aren't helpful, you may benefit from surgery. Your healthcare provider can create a plan that's right for you.

