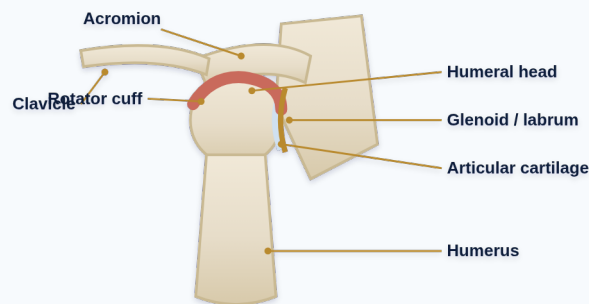


SHOULDER CONDITION

Shoulder Cartilage Injuries

Glenohumeral Cartilage Injury — Patient Condition Guide



Shoulder anatomy — for education; your anatomy may differ

OVERVIEW

Shoulder cartilage injuries involve damage to the smooth articular cartilage that lines the ball (humeral head) and socket (glenoid). They can result from an injury, from shoulder instability, or from wear over time, and can cause pain, catching, and — if untreated — early arthritis.

ANATOMY

Articular cartilage covers the humeral head and the glenoid, allowing smooth, painless motion, while the labrum deepens the socket. Damage to this cartilage disrupts the gliding surface of the joint.

SYMPTOMS

- Deep shoulder pain, especially with overhead activity
- Catching, grinding, or clicking
- Stiffness or loss of motion
- Occasional swelling

DIAGNOSIS

Dr. Pettit examines the shoulder and orders X-rays and an MRI — often with contrast — to assess the cartilage and the labrum.

TREATMENT OPTIONS

Many cartilage injuries are managed without surgery: activity modification, physical therapy, anti-inflammatory measures, and injections. Focal cartilage defects in younger patients may be treated arthroscopically (debridement,

microfracture, or cartilage restoration); advanced, widespread wear may eventually require shoulder replacement.

RECOVERY OUTLOOK

Recovery depends on the treatment — non-surgical care works over weeks to months, while surgical recovery is staged and guided by the specific procedure.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/handouts/shoulder-cartilage.pdf

This handout is for general patient education and does not replace personalized medical advice. Always follow the specific instructions given by Dr. Pettit and your care team.

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