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Special Issue Reprint

Targeted Diagnosis and Treatment of Shoulder and Elbow Disease

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The shoulder is a complex system of functionally interconnected and coordinated joints. Together with the elbow joint and the hand, it guides and stabilizes the reaching movement of the upper limb. The functional role of the shoulder and elbow is twofold: to provide stability to the joint complex and to allow for a wide range of motion in the shoulder girdle; and, through the elbow joint, to allow for quick and precise movements. These qualities — stability, freedom of movement, and speed—are impacted if any of the numerous anatomical components are damaged by trauma, inflammation, or the peripheral or central nervous system. Rotator cuff injuries, whether traumatic or due to functional overload; arthrosis; and heterotopic ossification are the most common pathologies of the shoulder complex, while specific tendinopathies, with or without heterotopic ossification, are conditions that specifically affect the elbow. From these premises, the idea of promoting a Special Issue dedicated to “Diagnosis and Treatment of Shoulder and Elbow Disease” was born, which led to interesting reflections in light of the new diagnostic, surgical, and rehabilitative treatment proposals on this topic. The authors and the different scientific works included address the issue of patient care in shoulder and elbow complex diseases, both in terms of diagnosis, surgical and rehabilitative treatment, and also in light of the new opportunities offered by artificial intelligence.

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