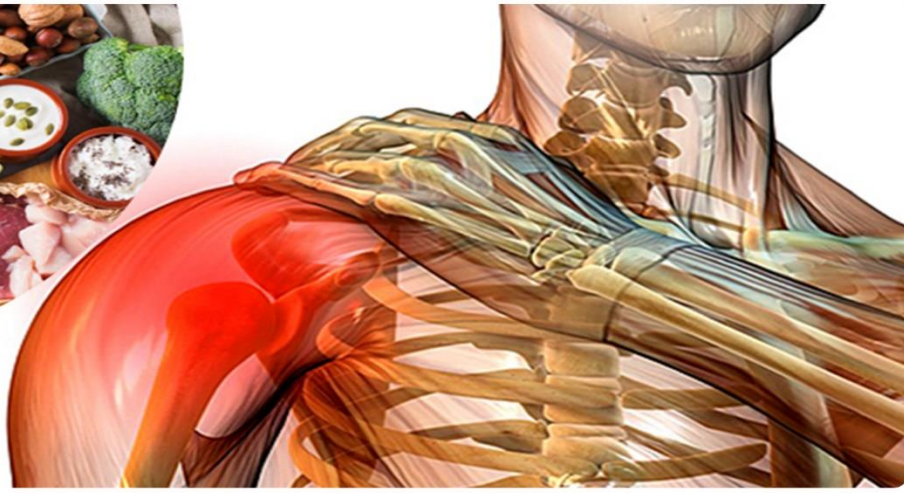


SHOULDER INJURIES



PATIENT DIET



► **REDUCE SHOULDER INJURY PAIN THROUGH NUTRITION**

Injuries to the shoulders can arise from taking part in sports such as swimming, tennis, pitching, and weightlifting, which involves repeated, rigorous movement to the upper body. They can also be caused by performing typical household tasks like painting, putting up curtains, and gardening.


The muscles, ligaments, and tendons are often the cause of issues in the shoulder, yet occasionally a fracture, or break, of the humerus (arm bone) or glenoid (shoulder socket) can happen, involving the shoulder bones.

So, if we talk about treatment, there are various ways that you can reduce your pain and swelling in the shoulder such as a balanced diet. You can easily do some doctor's prescribed exercises to reduce your inflammation and repair tissues, you can go with some surgical intervention if your injury is severe.

Although you can also opt for stem cell cure in India with the help of specialists from Stem Cell Care India, as we offer an all-natural, surgery- and recovery-free program with no side effects, using injected enriched Mesenchymal Stem cells to restore mobility and eliminate pain.

► **NUTRITION FOR HEALING A SHOULDER INJURY**

Here, let's explore a vast range of nourishing foods that are beneficial for individuals with shoulder injuries.



Protein-rich foods: Incorporating lean sources of protein—such as **chicken, turkey, fish, tofu, beans, and lentils**—into your diet can strengthen its tissue repair capabilities. Proteins are essential for tissue healing and injury recovery, as they provide the necessary components to rebuild muscle and other damaged tissues, which can speed up the recovery of your shoulder.

Omega-3 fatty acids: Including foods rich in omega-3 fatty acids in your diet can help reduce inflammation in an injured shoulder, thus alleviating pain and supporting the healing process. Such foods include **fatty fish, chia seeds, flaxseeds, hemp seeds, and walnuts**.

Colorful vegetables: Adding brightly colored vegetables to your diet can provide numerous health benefits. Rich in antioxidants, they help to neutralize free radicals and reduce oxidative stress in the body. Examples of nutrient-dense veggies include **spinach, kale, carrots, sweet potatoes, and beets**.

Vitamin E: Incorporating foods like nuts (such as **almonds, hazelnuts, and peanuts**), seeds (like **sunflower seeds**), and vegetable oils (**olive oil and sunflower oil**) into your meals can help reduce pain and swelling, as vitamin E plays an important role in tissue repair and fighting inflammation.

Vitamin C: Consuming foods high in Vitamin C such as **oranges, lemons, grapefruits, strawberries, kiwis, bell peppers, and broccoli** on a regular basis can help strengthen the ligaments and tendons around an injured shoulder due to the essential role that vitamin C plays in the synthesis of collagen, a key element of connective tissues.

Zinc: Eating zinc-rich foods can help your condition in the healing, repair, and growth of the tissues, as zinc is considered a crucial component for the enzymes and production of proteins. Hence, consuming enough zinc in your diet can ensure a faster recovery. Some zinc-rich foods are **lean meats, seafood, pumpkin seeds, chickpeas, and lentils**.

Turmeric and ginger: Incorporate powerful anti-inflammatory spices, like turmeric and ginger, into your cooking or enjoy them as teas to help alleviate discomfort in the injured shoulder. Turmeric, in particular, contains curcumin which has been shown to reduce inflammation and provide pain relief.

Pineapple: Including pineapple in your diet can be beneficial to those with an injured shoulder as it is known to contain bromelain which can reduce swelling and improve joint function due to its anti-inflammatory and pain-relieving effects.

Bone broth: Consuming bone broth provides essential nutrients like collagen and minerals, which can help with joint health and tissue repair. Thus, drinking bone broth can aid in the healing of a shoulder injury.

If you make sure you are getting the proper nutrition and medical attention, then you can get back to normal more quickly from your shoulder injury.

▶ **STAY AWAY FROM THESE FOODS WHEN YOU HAVE A SHOULDER INJURY**

Below we will highlight the foods that you should avoid when experiencing shoulder injury, helping you make informed dietary choices that promote healing and overall well-being.

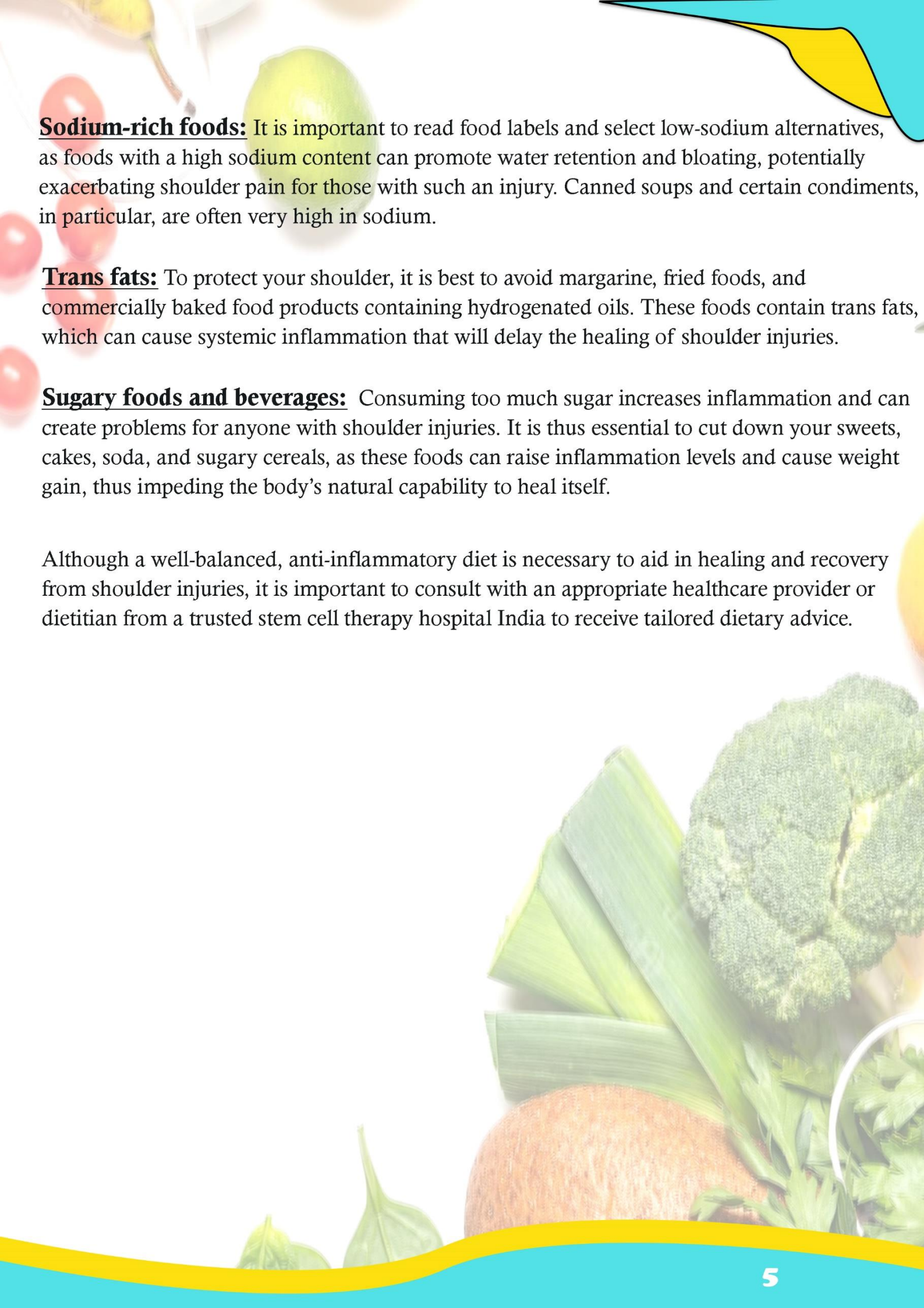


Red and processed meats: To limit inflammation, reduce the amount of red and processed meats you consume, such as **sausages, bacon, and deli meats**. These meats are known to have high levels of saturated fats and compounds that form during cooking processes, both of which can lead to inflammation.

Nightshade vegetables: If you are noticing any adverse effects such as an increase in joint pain and inflammation after eating nightshade vegetables such as **tomatoes, potatoes, eggplants, bell peppers** and, it may be worth temporarily eliminating them from your diet.

High-fat dairy products: Rather than high-fat dairy products like whole milk, cream, or certain cheeses, opt for their low-fat or non-dairy counterparts, such as almond milk, soy milk, or low-fat yogurt, to reduce inflammation and support your body's healing efforts.

Excessive alcohol and caffeine: The consumption of alcohol can disrupt the body's healing process and intensify inflammation. Furthermore, it can interact adversely with pain medications, diminishing their effectiveness. Similarly, caffeine, commonly contained in **coffee, tea, energy drinks**, and some types of sodas, impairs nutrient uptake and amplifies inflammation.



Sodium-rich foods: It is important to read food labels and select low-sodium alternatives, as foods with a high sodium content can promote water retention and bloating, potentially exacerbating shoulder pain for those with such an injury. Canned soups and certain condiments, in particular, are often very high in sodium.

Trans fats: To protect your shoulder, it is best to avoid margarine, fried foods, and commercially baked food products containing hydrogenated oils. These foods contain trans fats, which can cause systemic inflammation that will delay the healing of shoulder injuries.

Sugary foods and beverages: Consuming too much sugar increases inflammation and can create problems for anyone with shoulder injuries. It is thus essential to cut down your sweets, cakes, soda, and sugary cereals, as these foods can raise inflammation levels and cause weight gain, thus impeding the body's natural capability to heal itself.

Although a well-balanced, anti-inflammatory diet is necessary to aid in healing and recovery from shoulder injuries, it is important to consult with an appropriate healthcare provider or dietitian from a trusted stem cell therapy hospital India to receive tailored dietary advice.



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