

## Shoulder pain

Our neck and shoulders can be vulnerable to tension and stiffness. If you are experiencing shoulder pain that's affecting everyday activities, or find it doesn't ease with rest or pain medication, the important thing is to seek help before the pain worsens.

### Keeping you pain free and healthy

The first step is to have a consultation with a specialist to get the diagnosis you need for a full and fast recovery. Your Consultant will ask you about your lifestyle and medical history to determine possible causes of your neck, arm or shoulder pain, and you may be referred to our Diagnostic Imaging services.

We offer the following treatments to diagnose and treat shoulder joint pain:

- Diagnostic Imaging
  - X-Ray, CT and MRI
  - Outpatient treatments such as injections
  - Physical therapy
  - Surgery (such as Rotator Cuff Repair)

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### Prices & payment

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Shoulder arthroscopy

£7,040

Rotator cuff surgery

£7,040

Shoulder replacement

£14,370

The above are guide prices only.

Our [terms and conditions can be found here](#).

## Consultants



Mr Nik Bakti

Available at  
KIMS Hospital

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Mr Keith Borowsky

Available at  
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Mr Howard Cottam

KIMS Hospital+1 location

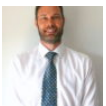
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Mr Abhinav Gulihar

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Mr David Rose

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Professor Bijayendra Singh

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Mr Ravi Singh

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Mr Dimitri Yanni

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## Shoulder pain FAQs

### What's causing my shoulder pain?

There are many reasons that could be causing your shoulder pain, from broken bones or torn tendons to arthritis or tendinitis and bursitis. Your Consultant will ask you about your lifestyle and medical history to determine the possible cause, and examine the area of the shoulder that is causing you pain.

### Where would my treatment take place?

Most outpatient or follow up appointments, and some Physical Therapy treatments, are



available at either KIMS Hospital or Sevenoaks Medical Centre, regardless of where you had your initial consultation. If you need shoulder surgery, this will take place at KIMS Hospital in Maidstone.