



## soothe a sore shoulder

If you have shoulder pain—and more than half of people over 50 do, thanks to some sort of rotator cuff tear—don't ignore it. Waiting too long to treat it can lead to severe damage that may only be alleviated with surgery, says Vivek Agrawal, M.D., director of The Shoulder Center in Indianapolis. Take some ibuprofen and use an ice pack or heating pad, but if you're not better in two weeks, talk to your doctor. *D.G.*