

Potential Causes of Dislocated Shoulder

March - April 2018 Slept at computer chair (in front of computer) while all weight was on my right shoulder.

Woke up 5-6 hrs later unable to barely move.

Note: I have Severe Narcolepsy without Cataplexy, so this is how I am able to sleep as such.

Unable to dress self without assistance for next week at least.

Alongside trouble sleeping b/c of shoulder + excruciating pain.

Pain subsided a bit after about a month. So, around mid-April approx.

Pain significantly subsided when I started the "Aleve naproxen sodium tablets, 220 mg (NSAID)" (Twice a day 12 hr intervals) and "Walgreens Pain Relief Roll-On Liquid

4% Lidocaine HCl/Topical Anesthetic

2.5 FL Oz (73 ml)" (many many times a day)