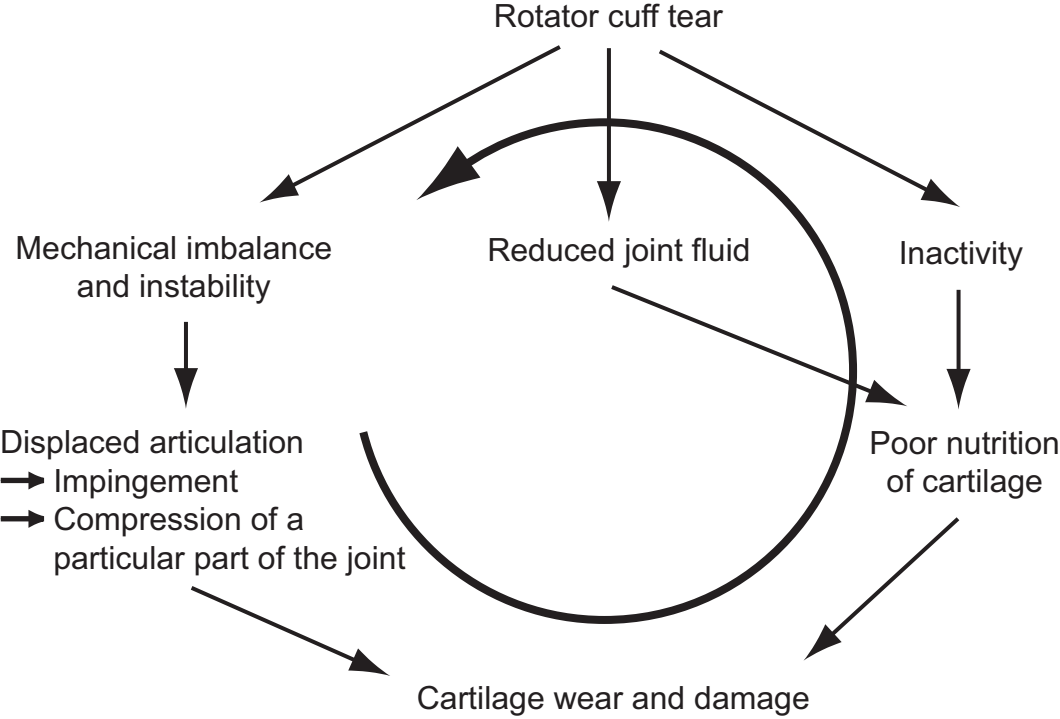
Rotator cuff tear
Mechanical imbalance and instability
Reduced joint fluid
Inactivity
Displaced articulation
Impingement
Compression of a particular part of the joint
Poor nutrition of cartilage
Cartilage wear and damage