

SHOULDER PAIN



A '**HOW TO**' GUIDE TO **PAIN FREE**
MOVEMENT WITHOUT DRUGS OR SURGERY

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Alex has worked within the Chiropractic profession since 2008 and has supported thousands of patients on their journey to better health.

Alex and her team are passionate about supporting all patients with bespoke care to ensure that their physical and emotional wellbeing is the best it can be. She is trained in biomechanics, orthopaedics and neurology to ensure the optimum functioning of nerve, muscle and joint systems in the body. Alex also has additional training in paediatric and pregnancy care.

Alex currently supports the development of new Chiropractors in the profession and runs training for practice owners to ensure the best patient care countrywide. She works as a consultant for complicated neurological cases within the clinic.

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Shoulder pain is very common and can take several forms. The causes of pain can range from a general tension in the shoulders, an irritation of a tendon, to a frozen shoulder. Pain can be constant or only on movement, and shoulder movement can be full or severely reduced. Here are some of the problems in detail.

1) Problem 1: Muscle Tension

The muscles at the base of the neck directly attach into the shoulders to allow us to lift our arms. Often, we sit for long periods looking down at devices or tense our shoulders up to our ears when we are stressed. Over time this causes the muscles to shorten and build up with chemicals (such as lactic acid) that cause pain, often felt across the top of the shoulders and the base of the neck.

2) Problem 2: Tendonitis

A tendon is the part of a muscle that joins to the bone. Often tendons become inflamed when the shoulder is over used or has experienced a trauma. Activities such as training at the gym, tennis and gardening are common causes. Microscopic tears occur in the muscle which your body repairs by laying down scar tissue. This reduces the flexibility of the tendon and can cause it to become more painful. Tendons can also tear partly or completely. The degree of tear can be diagnosed by a professional.

3) Problem 3: Frozen shoulder

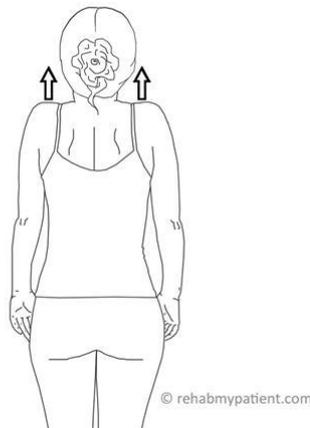
A frozen shoulder is when the shoulder, over time, loses its flexibility. The most common movements that is lost is lifting the arm to the side and behind the back (such as doing up a bra strap). There are three phases to a frozen shoulder: freezing, frozen and thawing. When the shoulder muscles or joint has been inflamed for a long period of time or muscles have been damaged, scar tissue is formed within the joint and it becomes 'frozen'. The scar tissue that builds attaches the shoulder muscles, ligaments and joint capsule to the joint, stopping it from moving.

How to Improve your movement

1) Reducing shoulder tension

Relax your shoulders

- Sitting in a comfortable upright position, take a deep breath and raise your shoulders towards your ears. Breathe out slowly and drop your shoulders away from your ears. Repeat SLOWLY, 10 times.



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Avoid sitting on a phone, tablet or PC for long periods

- Only look at your device for 30 minutes at a time. Just standing up and walking around your desk and sitting back down can be enough to reset your shoulder muscles.

Breathe

- Life in the modern world can be stressful. We can often hold our breath without knowing it. This causes a reduction of blood flow and oxygen in our muscles. Breathing slowly and filling from our diaphragm can reduce tension in our shoulders.

2) Tendonitis

Avoid repetitive movements without stretching

- When we work or exercise and do the same movement repeatedly our muscles shorten. On activity they are stretched again. If muscles are not warmed up and stretched fully before and after using them, they become short and tight and the tendon can become irritated.

You can:

- Slowly perform the movement to warm the muscles i.e. gently rehearsing a racket swing before you hit the ball.
- Stretch the muscles before you use them.

3) Frozen shoulders

Frozen shoulders need movement, but movement is often very reduced and hurts. These simple exercises can be a start to helping you restore movement.

EXERCISE 1

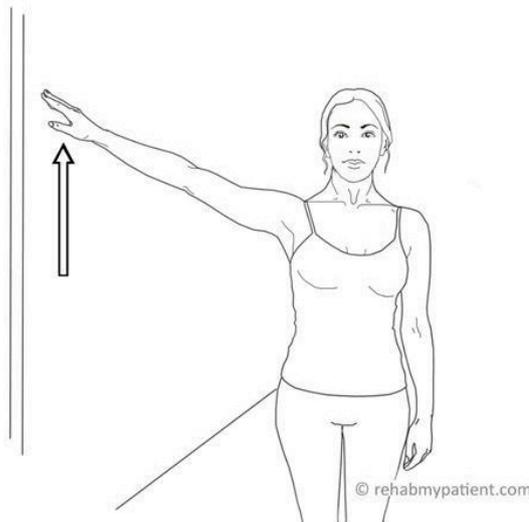
- Standing upright lean your spine slightly to the side of your shoulder problem. Allow the arm to hang straight to the side and rotate the arm in a clockwise position 30 times and then anti-clockwise 30 times. This will help loosen the shoulder joint.



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EXERCISE 2

- Stand facing a clear wall. Turn so that you are standing 90 degrees from the wall with the painful shoulder closest to the wall. Gently walk your finger up the wall using the wall to help you lift your arm out to the side. You may need to take a step away from the wall to allow yourself enough room to lift your arm. Only take the arm as far as it is comfortable. Repeat SLOWLY 10 times.



BE CHECKED AND TREATED BY A PROFESSIONAL

We have covered some easy ways to support in reducing shoulder pain. However, often shoulder pain can be more complicated as it can:

- be caused by Trauma i.e. a whiplash
- involve a trapped nerve
- be referred from a neck problem or elbow problem
- be linked with another medical underlying condition

A chiropractor will take a detailed case history and thoroughly assess your shoulder as well as your spine, nerves and muscles to find the root of your pain. They can often use X-rays and MRIs to diagnose or rule out other conditions that cause pain. This is very important when looking after shoulder pain, as it ensures we are taking care of the underlying cause. Should your problem be nerve, muscle or joint based, chiropractors use very gentle techniques to rebalance joints and relax muscles to reduce and relieve your pain. Massage is a wonderful way to relax tight muscles, relieve tension and reduce stress. Our sports massage therapists are also trained to use mobilising techniques to increase the movement in your shoulder joints.

CONCLUSION

So here is our guide to supporting pain free shoulder movement without drugs or surgery. To get the best results we recommend a combination of all the advice above. Most importantly, take breaks and avoid long periods of repetitive movements. Seek professional advice if any of your symptoms worsen or you are unsure where to begin.

Should you wish for any help, advice or support, please feel free to call us on 01245 699152 for a free telephone consultation.

HEALTH ADVICE DISCLAIMER

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this guide. However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending on background, genetics, previous medical history, application of exercises, posture, motivation to follow advice and various other physical factors. It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed accurate in the absence of examination from one of the General Chiropractic Council Registered Chiropractors, or Professionally registered Massage Therapists at Inspired Health Chiropractic Ltd. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.

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