

WHY SUFFER SHOULDER PAIN ?



YOUNG OR OLD, ATHLETE OR
WORKER ... NOBODY SHOULD
HAVE TO LIVE WITH SHOULDER
PAIN



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If you are tired of shoulder pain holding you back and preventing you from living life pain free and with full freedom...

This important article will provide you with information to help !

“Shoulder pain is a common, limiting and potentially debilitating issue, with a multitude of causes. Patients who suffer shoulder pain are very likely to need to either modify, or give up on, many of the things in life such as sport, work and daily household activities.”



One of the most common causes of shoulder pain is a sudden overload such as when you over-stretch, fall and land with your arms outstretched or lift a weight incorrectly at the gym or around the yard. From there on, every time you try and train or perform certain movements or tasks, you experience a sharp pain or have little to no strength?

"Interestingly, shoulder injuries are the most common athletic injury, accounting for 30% of all sports related injuries"



The shoulder is a complex, highly mobile and relatively unstable joint that is involved in many of our day to day activities. Some common conditions include: **frozen sholder, rotator cuff tears, tendinopathy, and impingement syndrome.**

“My shoulder hurts every night when I go to bed or any time I go to throw”... Shoulder pain is NOT normal, do something today!!

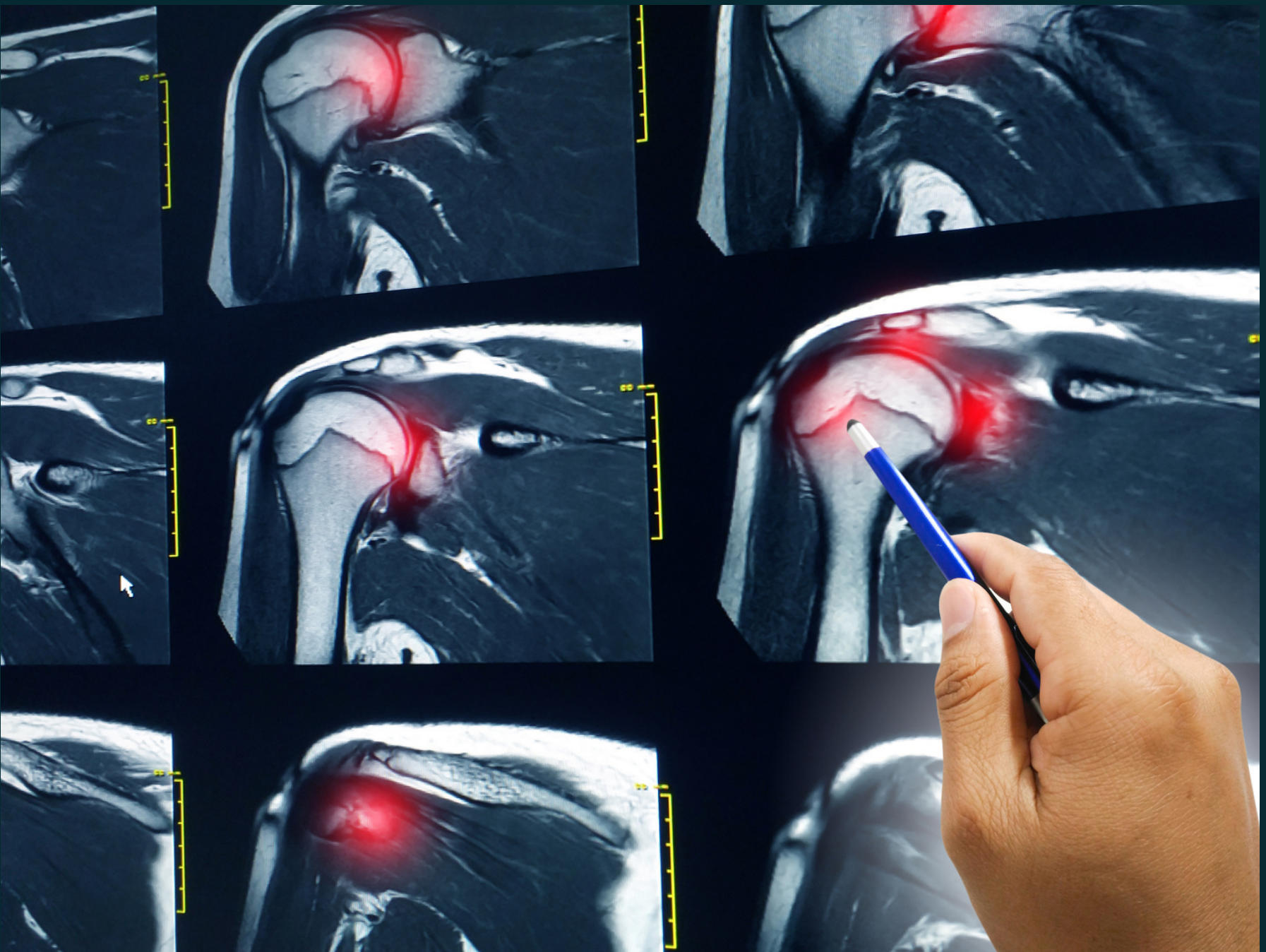
Shoulder pain can develop over years or decades with labour-intensive jobs requiring repetitive actions, poor posture or demanding positions. Now every time you reach over shoulder height, such as hanging out the washing or cutting another customer's hair; your shoulder pain makes you question your profession.



What can a Chiropractor do for you?

Pleasingly, there are a large number of approaches that Chiropractors can take in order to alleviate shoulder pain or avoid it in the first place. Initially however, an accurate diagnosis of the specific cause of shoulder pain is essential and in addition to performing a shoulder examination, we may refer for imaging such as X-ray, Ultrasound or MRI.

Once a diagnosis is formed, a comprehensive rehabilitation program or preventative care plan is created that includes: in-office treatment, strength and conditioning programs, and home exercises.



Chiropractic approach to treatment

Many conditions, including impingement syndrome, tendonitis and bursitis can be improved by increasing shoulder range of motion and strength. During rehabilitation, Chiropractors utilise various mobilisation, manipulative and traction techniques and provide specific muscle strengthening exercises, that help improve these critical factors.

Other modalities used may include: **laser therapy, taping, dry needling and shockwave therapy.**



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THE FUNCTION OF THE NECK, UPPER BACK AND RIBCAGE ARE HIGHLY IMPORTANT DURING SHOULDER REHABILITATION

This is because poor function in the spine results in compensations and poor co-ordination of the shoulder stabilising muscles, which in turn creates tissue and joint overload, and damage in the shoulder over time, with subsequent pain.

Of course, correct spinal mobility, balance and alignment is critical and is something that needs to be assessed by an experienced and skilled clinician. If spinal rehabilitation is required, a wide variety of techniques exist to help, beginning with very gentle approaches which will suit your needs and preferences, whilst still improving function.



Does this sound like you or someone you know?

With over 30 years of combined clinical experience, our team has dealt with hundreds of cases involving shoulder pain. One great example was a 45-year-old carpenter who had hurt his shoulder using a hammer on the job 6 weeks prior to visiting our head office.

Initially he tried to ignore his problem and put up with the pain, but it got to the point where he was losing sleep and leaving jobs early. Following a full assessment we identified an issue with his rotator cuff, as well as some upper neck and mid back dysfunction.

In-office treatment was provided to improve his mobility, alleviate his pain, and allow the inflammation to settle. We then started him on a strengthening program that allowed him to get back to work fast.



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Staggeringly, **31%** of the general working population report daily shoulder pain, with one third of these people reporting pain lasting longer than a year.



Whilst research now tells us that quick action is the best approach to tackle shoulder pain, pleasingly, a lot can still be done for those with long term problems.

If you have read through until this point, most likely you or someone you know is suffering from shoulder pain and are exactly the person we made this for.

If you need any clarification on any of the content, or have specific questions that you need answered, please simply click the link below to find details on how to get in contact with our fantastic team.

The results could be life changing!

CLICK HERE