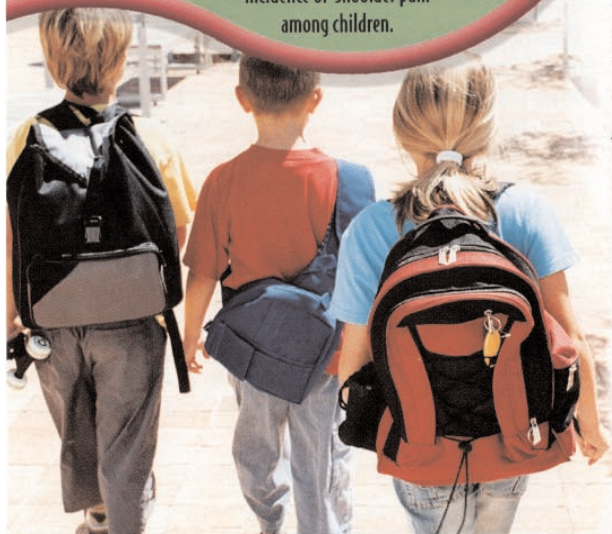


A very useful, though unstable joint.

While the shoulder is the most movable joint in the body, it is also one of the most unstable. Frequent problems include sprains, strains, dislocations, tendonitis, bursitis, torn rotator cuffs, fractures and arthritis.

The shoulder is unlike other joints in the body, as it is not a true ball and socket like the more stable hip joint. The shoulder is much more like a golf ball and tee, where the ball can easily slip off due to problems with muscles, tendons or ligaments.

Heavy backpacks have increased the incidence of shoulder pain among children.



THE CHIROPRACTIC LIFESTYLE

Chiropractors are experts in the care of the bones, nerves, muscles and connective tissues that make up about 60% of your body. All of the joints in your body are part of this musculo-skeletal system and its optimal function is necessary for overall good health. Ask your Doctor of Chiropractic for more information about a care program that may include specific spinal adjustments, exercise recommendations, nutritional advice or other conservative methods of care based on your health history, age, current condition and lifestyle.

SAMPLE NOT INTENDED FOR REPRINT

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Shoulder Pain

AND THE CHIROPRACTIC LIFESTYLE



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SHARE WITH YOUR FRIENDS AND FAMILY

Specific diagnosis of injury is critical

While other joints are limited in their motion, the shoulder is a freely moving joint, leaving it vulnerable to injury.

There are many different soft tissues in the shoulder including ligaments, tendons and muscles. Each of these has the ability to be compromised by improper motion or overuse. These soft tissues all work together to create the movement and strength required for proper function, making diagnosis of the troubled area more difficult.

The shoulder has a shallow joint allowing extreme freedom of movement.



Though rotator cuff injuries are common among athletes, every day stresses may cause shoulder problems as well.

There are a number of conditions specifically seen in shoulder-related problems. These include rotator cuff injuries, most commonly seen in athletes who throw or use a similar motion such as pitchers, quarterbacks and tennis players. No one is immune from these injuries, as they may also occur from performing routine tasks that put a sudden strain on the shoulder.

Another common disorder is adhesive capsulitis or “frozen shoulder”, where scar tissue has formed around the shoulder. It is characterized by a dull or aching pain and loss of motion or stiffness in the shoulder.

The superior labral tear or “slap lesion” as it is often called, is an injury to the cartilage that covers the top part of the shoulder socket. This can occur from falling on an outstretched arm but sometimes the cause may be unknown. A patient with this type of injury may have a clicking noise when they move their arm or pain on the front or top of the shoulder.

Shoulder Impingement Syndrome is often seen in aging adults. In this circumstance, blood flow is compromised causing muscle tissue to fray like old rope. Typical symptoms include pain and difficulty reaching behind the back or with overhead use of the arm. If this process continues and blood flow is not restored, further injury may result.

The shoulder is a significant referral site where pain may occur from injuries or conditions existing in other parts of the body, such as the neck, lower back, hip and leg. Symptoms of cardiovascular disease may also be referred to the shoulder region making the sudden onset of shoulder pain an issue that should be immediately evaluated.

Your doctor of chiropractic is experienced at determining the cause of your shoulder discomfort. An in-depth examination will be conducted and further diagnostics may be required to eliminate or confirm the origin. Chiropractic is an excellent resource to consider for creating a care plan to help you throughout the healing process.