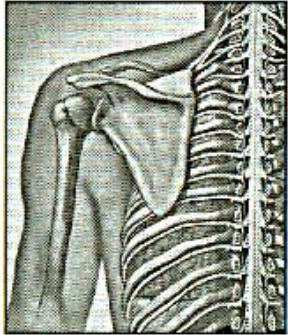


ARM & SHOULDER PAIN



The structure of the shoulder joint is similar to that of the hip, a ball and socket joint. Your shoulder, however, has a much greater degree of movement. The basic reason for this is that the bony socket for the ball of the shoulder is shallow, thus allowing for greater degrees of freedom. This is at the expense of stability.

The shoulder relies heavily on the muscles of the shoulder girdle for protection and stability. Proper coordination and function of these muscles is imperative, otherwise the movement of the joint is affected and pain and stiffness can result.

PHYSICAL EXAM AND OTHER TESTS WILL BE ABLE TO DETERMINE WHICH OF THE FOLLOWING IS AT CAUSE:

NERVE ROOT IRRITATION

"Pinched nerve" shoulder pain can result from pressure on the cervical nerve roots.

BURSITIS - TENDINITIS

Years of overuse or a specific injury affect the tendons and/or bursae.

ROTATOR CUFF MUSCULAR TEAR

One or more of the rotator cuff muscles can become inflamed or torn by injury.

DEGENERATIVE ARTHRITIS

Abnormal joint motion leads to wear and tear on the cartilage in the joint.

FROZEN SHOULDER SYNDROME

When your shoulder is in pain and you continue to hold it in one position, this can cause adhesions to develop which are referred to as frozen shoulder.

CERVICAL SPINE OR NECK

In order for the shoulder muscles to properly function, the nerves that supply them must have 100% function. These nerves come from the cervical spine or neck.

CHIROPRACTIC APPROACH

The chiropractic approach to your arm and shoulder pain is different from the other health care providers. Rather than concentrating entirely on the condition that you have, the doctor of chiropractic will concentrate on your spinal health. He or she will analyze your spinal column for vertebral subluxations, which are abnormal spinal motions that cause nerve stress and decreased nerve function. Over time, muscle coordination, strength of muscles and ligaments, and joint functions weaken without proper nerve function. Correcting the nerve supply, treating the shoulder joint with manipulation, therapy, and proper exercise brings about greater results for the patient.

EARLY DETECTION OF ARM & SHOULDER PAIN

1. Do you have frequent shoulder and arm pain?
2. Do you have numbing or tingling of the arms or hands?
3. Do you have a chronic tension in the shoulder area?
4. Do you have a burning sensation in your shoulder?
5. Do you feel pain in the region of the shoulder?
6. Do you have pain in between the shoulder blades?
7. Do you have pain down your arm to your hand?
8. Do you have a problem gripping objects?
9. Do you wake up with stiff and sore muscles?
10. Have you fallen on your arm or shoulder?
11. Do you feel weak in your arm when you lift objects?

IF YOU ANSWER TO SEVERAL OF THESE QUESTIONS IS YES, YOU MAY BE SUFFERING FROM A MISALIGNMENT OR DISLOCATION IN THE ARM AND SHOULDER AREA. ALL THE ABOVE ARE SYMPTOMS OF ARM AND SHOULDER PROBLEMS, BUT ARE ALSO COMMON TO OTHER DISEASE CONDITIONS. A CHIROPRACTIC SPINE AND NERVE TEST ARE ADVISABLE TO DETERMINE WHERE THE PROBLEM LIES.