

Chiropractic

NATURAL HEALTH™ Vol. 24, Issue 7



We Can STOP Your SHOULDER PAIN!

You depend on your shoulders practically every hour of every day. That's why maintaining "pain-free" shoulder motion should *always* be a priority.

The Risk of Ignoring Your "Achy Shoulder"!

The longer you ignore your symptoms, the greater the chance of faulty shoulder function and formation of scar tissue, which further restricts joint motion.

Worse yet, what may start with an occasional dull ache—without warning, can suddenly

turn into "frozen shoulder"—where your joint is so excruciatingly painful you cannot move it in any direction. "OUCH!!!" would be an understatement!

Please don't neglect your pain to the point that you need surgery or until a surgeon has to aggressively stretch your shoulder joint under general anesthesia to break up your scar tissue to restore normal movement. That's exactly what can happen when you neglect a shoulder problem!

There IS a better way...

Gentle Chiropractic care is directed at **breaking up scar tissue and restoring the proper biomechanics of your shoulder, to keep your joints gliding smoothly.** By maintaining your healthy shoulder function, we can help prevent and resolve shoulder problems!!

Whether you're reaching up to fix your hair, handling heavy work loads, or just hanging up your coat, life can be hard when your shoulder isn't working well!

Why suffer from pain, stiffness, weakness, burning, fatigue or numbness and tingling when we have proven, natural relief for shoulder problems!

Your sleep, job, fitness routine and day-to-day activities can be challenging unless you **get the relief you need!** *That's why we're here!*

Chiropractic care has been **proven to relieve nagging shoulder pain.** We can help prevent and even relieve "frozen shoulder"—without drugs or surgery!

"Please don't neglect your pain to the point that you need surgery or until a surgeon has to aggressively stretch your shoulder joint under general anesthesia to break up your scar tissue to restore normal movement!"

Inside...
A word from Dr. Oz!



The REAL Story Behind Your “Frozen Shoulder” The “REAL RELIEF” You Can Expect From

Chiropractic Care!



Although the exact cause of “frozen shoulder” is unknown, it is thought to be an overactive autoimmune response. The body reacts with intense inflammation and scar tissue formation on the shoulder joint capsule.

This condition can occur after an acute injury, a long period of immobilization (i.e., casting), or with repetitive wear-and-tear. Repetitive shoulder movement required for some jobs, like computer operators or hairdressers, can create inflammation and gradually, over time, can accelerate degeneration.

It can also occur without any known trauma, medical history or risk factor!

Overuse of the shoulder joint—whether at the gym, on the tennis court, or in the garden—is often to blame. In these situations, poor postural alignment of your shoulder girdle, head, and neck can lead to excess shoulder strain.

“That’s why shoulder and arm pain respond incredibly well to Chiropractic spinal adjustments!”

Shoulder injuries can also be brought on by years of doing your favorite hobby or even routine household chores like cleaning windows, washing cars or painting.

That’s why it’s common for middle-aged folks to experience everyday “wear-and-tear” shoulder problems!

Injury to your neck and upper back, like whiplash injuries, frequently cause shoulder and arm pain, as well.

Whatever the cause, discover how we can help you or someone you know!!!

**“How To” END Your Pain,
Naturally!**

While your shoulder joint has a great range of motion, it’s not all that stable. So when any of its parts are not in good working order, your shoulder is highly susceptible to injury!

Doctors of Chiropractic are highly trained to **evaluate and relieve joint and soft tissue dysfunction between your spine and shoulder.** That’s why shoulder and arm pain **respond incredibly well** to Chiropractic spinal adjustments!

By keeping your spine and shoulder joints properly aligned and keeping the muscles around your shoulder blade relaxed, Chiropractic care can begin to restore normal joint motion to your shoulders.

The pain in your shoulder and arm may be linked to the complex relationship of the muscles and joints in your back and “shoulder girdle.”

Your *shoulder girdle* is an intricate connection of bones that

include your shoulder blade, upper arm bone and collarbone—along with several muscles, tendons and ligaments. The shoulder girdle includes the joints that connect your arms and shoulders to your ribcage and neck.

Surrounding the joint is a band of strong ligaments making a sac that encloses the joint and the fluids that bathe and lubricate it. The joint capsule has loose tissue so your shoulder joint moves unrestricted through its large range of motion.



During “frozen shoulder,” the loose parts of your joint capsule actually “stick together.” This, in turn, further limits motion until eventually, your shoulder joint freezes!

Chiropractic care helps increase blood flow needed for injury healing, reduces inflammation and relieves pain, naturally! ❖

**Call for
your spinal
exam today!**



If you were tuned into the *Dr. Oz Show* on March 3rd, you would have heard Dr. Oz assure his viewers that, based on solid research, **“Chiropractic is as effective as pain medication for chronic low-back pain...and that’s good news!”**

What a great way to educate America that Chiropractic care looks for **the root cause of pain, rather than masking it with pain-relieving medication!**

Both approaches effectively reduce pain; however, Chiropractic has **no side effects and corrects the underlying cause for lasting results.**

There is no substitute for
“Scientifically Proven,”
Safe and Effective

Chiropractic Care!

Your choice should be obvious! There is **no substitute for scientifically proven, safe and effective Chiropractic care!**

As you may know, the *Dr. Oz Show* is hosted by cardiothoracic surgeon Dr. Mehmet Oz, Vice Chair and Professor of Surgery at *Columbia University*, director of the Cardiovascular Institute and Complementary Medicine Program at *New York Presbyterian Hospital*.

During his spring segment on Chiropractic care, Dr. Oz touted the effectiveness of Chiropractic in the treatment of chronic low-back pain based on *Cochrane Review*

February 2011. Cochrane Reviews are recognized worldwide as the “highest standard” when it comes to investigating health care options and ensuring that treatment decisions are based upon the most up-to-date, reliable evidence.

When you suffer from low-back pain or any type of chronic pain, you owe it to yourself to come in and have a complete spinal exam. ❖

*Call Us
Today!*



**“COMPLETE Movement
in My Neck is Back!!”**
by Nathan Wall

I woke up one morning with a really bad headache and I could barely move my head. I also wasn’t able to lift my right arm more than 45 degrees without sharp shooting pains from my shoulder to my forearm. I figured I messed something up the day before during a weight lifting session.

I was barely able to do simple everyday activities—like holding a book to read. And lifting groceries was nearly impossible. I called my

Chiropractor right away, and it’s a good thing, too. I had a couple of vertebrae that were out of alignment. During my workout, I must have strained my neck and chest muscles.

“...after my very first adjustment, I regained a lot more movement of my neck and head!”

Things improved a lot after my very first adjustment. I regained a lot more movement of my neck and head. And the pain decreased greatly.

After getting a few more adjustments, I was completely back to normal! Now, I’m able to lift weights, move my neck without pain, and move my arms as though nothing ever happened. I tell everyone I can about my story! ❖