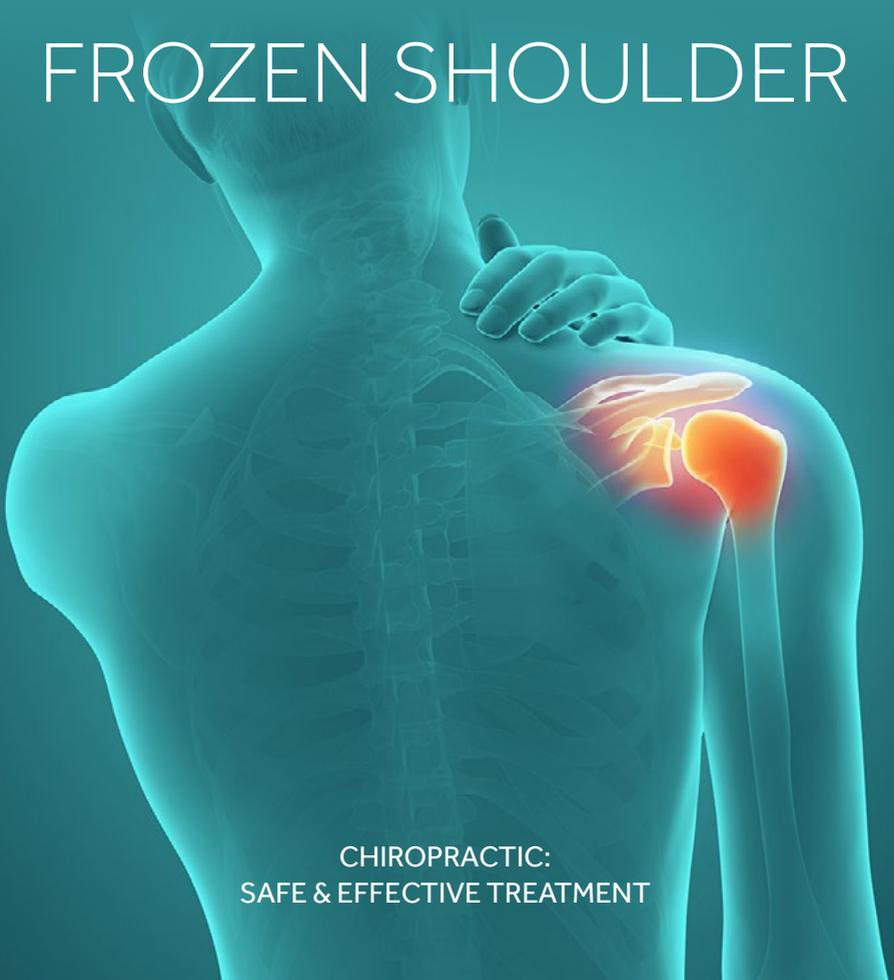




newbury
CHIROPRACTIC CENTRE

FOCUS ON CONDITIONS:

FROZEN SHOULDER



CHIROPRACTIC:
SAFE & EFFECTIVE TREATMENT

Tel: 01635 48088

www.newburychiropracticcentre.co.uk

FROZEN SHOULDER

Frozen Shoulder, or 'adhesive capsulitis', is an extremely painful condition in which the shoulder becomes slowly and increasingly immobile. The condition can occur out of the blue but often follows a mild injury to the shoulder, such as falling onto the outstretched hand.

Jarring through the shoulder may start off the process and then the joint capsule surrounding the shoulder becomes inflamed, swollen and contracted.

The term frozen shoulder is often misused and there are many other conditions that cause pain in the shoulder, such as tendonitis, bursitis, referred pain from the neck, muscle damage and wear and tear. It is very important to make sure that the cause of your pain is accurately diagnosed as quickly as possible to avoid long-term or even permanent reduction of arm movement.

There are some more serious problems that can also refer pain to the shoulder including inflammation of the gall bladder (right shoulder) and heart problems (left shoulder and arm only).

Your chiropractor is trained to differentiate between all the different signs and symptoms of your shoulder pain.

What causes shoulder pain?

Pain associated with a frozen shoulder is usually over the shoulder joint itself and sometimes in the top of the arm. The pain comes on slowly and is not always associated with injury.

There are three stages to this condition:

Stage 1 – Increased pain on movement, often worse at night and gradual reduction in mobility. This first phase can last up to 12 months.

Stage 2 – Pain begins to diminish but there is very little mobility in the shoulder. This can also last up to 12 months.

Stage 3 – Mobility partially returns over a period of up to 36 months, but without active treatment most people never regain full mobility.

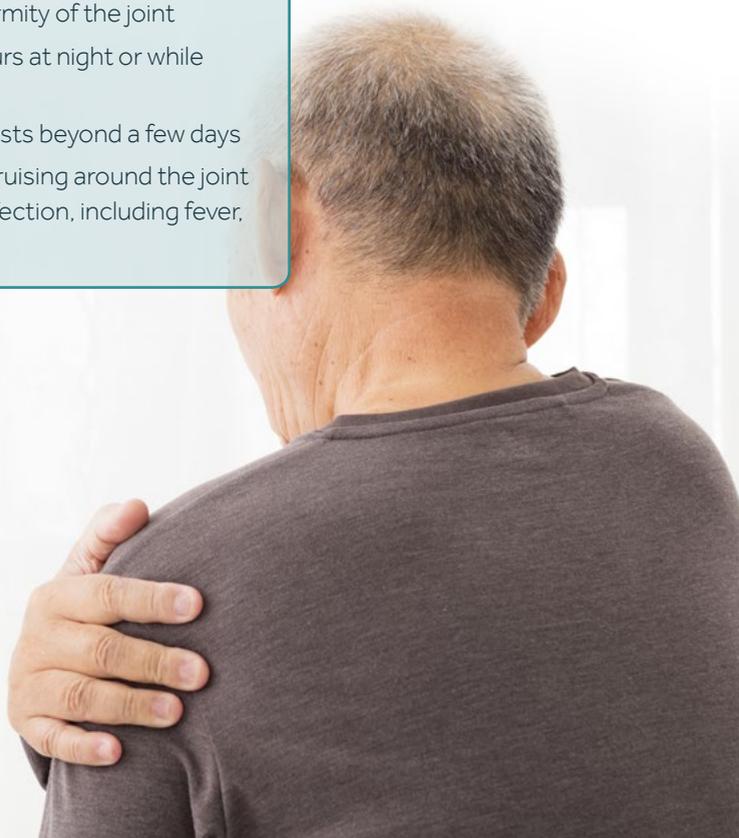


Treatment

Your chiropractor will focus the treatment on reducing the inflammation in the joint, restoring mobility and maintaining flexibility with a series of exercises, electrical techniques such as TENS and interferential may also be used.

You would benefit from seeing a chiropractor if you have any of the following symptoms:

- Inability to carry objects, use or raise the arm
- Injury that causes deformity of the joint
- Shoulder pain that occurs at night or while resting
- shoulder pain that persists beyond a few days
- swelling or significant bruising around the joint or arm or signs of an infection, including fever, redness or warmth.



FAQs ABOUT CHIROPRACTIC



What is Chiropractic?

Chiropractic is the third largest primary health care profession in the world after medicine and dentistry.

Who regulates the profession?

In the UK, Chiropractic is a fast-growing, independent profession regulated by the General Chiropractic Council.

How does it work?

Chiropractic places its emphasis on the diagnosis and management of problems affecting the nerves, muscles and joints of the body.

What can Chiropractors do?

Most people associate Chiropractic with the treatment of back pain, neck pain and headaches but Chiropractors treat many other conditions as well, including most ailments and complaints affecting feet, knees, hips, arms, shoulders and hands.

Chiropractors use an holistic approach that takes into consideration your overall health and lifestyle.

Although best known for manipulating joints (also known as 'adjusting'), Chiropractors utilise a number of different procedures in the course of patient care such as heat, cold, electrical stimulation, ultrasound, traction, postural support, exercise programmes and dietary management.

How can I find out more?

For more information on Chiropractic and to find out how your Chiropractor can help you, please contact us on **01635 48088**.