

Shoulder Pain



SYMPTOMS: If you are experiencing upper arm or shoulder pain with simple activities such as brushing or blow-drying your hair or when lifting your arm above your shoulder, you may have a shoulder sprain. Other symptoms may be burning, weakness in the arm, dull ache that may be sometimes sharp, or pins and needles down the arm. Other symptoms may be present.

CAUSES: Shoulder problems are often caused by repetitive motion such as jobs involving working on a production line, prolonged computer work, playing sports such as pitching a baseball or playing tennis. Another common cause is doing something for a long period of time that your body is not used to, such as gardening or snow shoveling. A traumatic fall or car accident can also be the culprit. Other causes also exist.

Studies show that 80% of people with a neck problem will develop a shoulder problem, if the neck problem goes untreated. This is because the shoulder girdle works closely with the neck when performing activities of daily living. A problem with the neck will most probably eventually lead to compensatory mechanisms by the shoulder.

TREATMENT: Your doctor of chiropractic will take a thorough history and perform a physical exam. X-rays may be ordered if clinically warranted. Conservative treatment using spinal manipulation, massage, electrical stimulation as well as hot and cold packs may be utilized. Other modalities such as ultrasound or diathermy may be utilized. Home care may be recommended such as specific stretching, avoiding certain activities, and in severe cases, a neck brace may be prescribed. If clinically warranted, a referral to an orthopedic surgeon will be made.