

NECK + SHOULDER PAIN

Whether you are suffering from neck pain, shoulder pain or both, the way it is treated will absolutely make the difference in how you respond. Read my report on carpal tunnel syndrome to better understand that symptoms and where the actual problem is coming from are two different things. If you have shoulder pain for instance, an M.D. may send you to a physical therapist whom, start's you on a series of exercises. You may find that it can make you worse. This can be because there is damage to the muscle in which you would need muscle work first. It can also be because the nerves in the neck are irritated/compressed and the shoulder muscle is not receiving enough nerve "current". The muscle is therefore weak and it hurts or gets re-injured with improper exercises.

The correct approach is to determine if the neck is involved and if the shoulder muscle has damage from a tear or scar tissue. Our office is highly trained to deal with this. It may even be a combination of the two. If there is nerve irritation in the neck that is causing shoulder muscle weakness, then the shoulder joint will not have proper support and the socket can slip out of proper position leading to joint pain and a pulling on the bursa. This develops into a bursitis. You may be led into the orthopedics office and get a cortisone shot. In some cases this can help, but it can also return. If it does, then a biomechanical issue needs to be addressed.

In some cases we may even need to look at the elbow because the elbow is an attachment for the biceps and triceps muscles, which in turn supports the shoulder.

We have most definitely found that a hands on approach of manual manipulation, massage, rehab, enhanced oxygen therapy, diet, nutritional support, and if needed Brain Based Therapy can all play a role when necessary to alleviate neck and shoulder pain.

Contact Dr. Kit Langstroth DC today for a free consultation.