



Orpington Chiropractic Clinic

Spinal Column



8-10 High St. Orpington

tel. 01689 873130

Sept 2008

About "Frozen Shoulders..."

A view of the shoulder joint (gleno-humeral joint) showing healthy "slack" in the bottom of the joint capsule

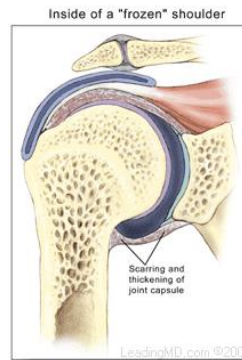
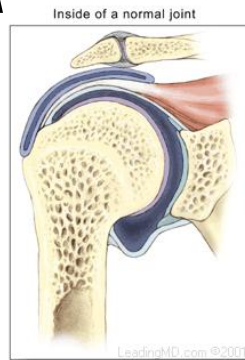
A view of the joint with adhesions and consequent contraction of the lower capsule, therefore limiting normal movement

Adhesive Capsulitis is a condition that can affect almost any joint in the body. However, the focus of this section will be on Adhesive Capsulitis of the shoulder.

Most joints of the body are surrounded by a watertight sac that bathes the joint in nutritious fluid. This sac is called a capsule. Irritation of this capsule can lead to an inflammatory condition called "capsulitis". Chronic inflammation of the capsule can lead to the accumulation of scar-tissue within and around the joint hence the term *Adhesive Capsulitis*.

A severe Adhesive Capsulitis can progress into a condition where the shoulder becomes severely limited in its motion. This condition is sometimes referred to as Frozen Shoulder. Both conditions often respond well to similar treatment methods. However, Frozen Shoulder is often much more serious and can take months to recover from.

Remember: Early intervention is the key to avoiding a Frozen Shoulder – don't wait until it's too late speak to your Chiropractor!



Shoulder problems can be caused by many everyday activities, eg. traumatic events (e.g. fall on an outstretched arm, "yanking" of the arm), repetitive motions (e.g. throwing a ball, weightlifting, and even swimming) and chronic, improper postures (e.g. operating a computer, driving).

Treatment for Adhesive Capsulitis and Frozen Shoulder

Restoring the shoulder to proper function and motion requires a combined approach that addresses both the joint mechanics AND the muscles that support joint function. Joint mechanics are best corrected with corrective chiropractic adjustments. Active Release muscle therapy is effective at reducing the scar-tissue "stickiness" within the joint and surrounding the capsulitis.

"Chiropractic Adjustment" describes hundreds of ways of using carefully directed and controlled pressure to restore joints to normal motion and position. It also alleviates strain on surrounding muscles that are overworked in their efforts to compensate for joint dysfunction.

Did you know...

It is impossible to sneeze with your eyes open.

The electric chair was invented by a ~~chiropr~~ dentist.

Did you know you share your birthday with at least 9 other million people in the world?

The strongest muscle in the body is the TONGUE.

Babies are born without knee caps. They don't appear until the child reaches 2-6 years of age.

Our eyes are always the same size from birth, but our nose and ears never stop growing.

The average person falls asleep in seven minutes.

Elephants are the only (land) animals that can't jump.

Where do bad backs come from?

Unavoidable trauma – As the name suggests these are events, or accidents, over which we have no control... falls, car accidents, and so forth. Our bodies have a certain robustness or ability to withstand physical forces beyond which we will suffer damage and consequent pain and injury. Obviously being fitter and healthier will raise our resistance to injury so it's always a good idea to stay fit and active just so long as we don't overdo it in the process! *Chiropractic fitness* is achieved when your joints, muscles and nerves are functioning at their optimum level so regular check-ups will help protect you from unanticipated problems and therefore help avoid your body becoming as susceptible to injury. Or perhaps a lucky rabbit's foot...

Disease – Although it may not be obvious keeping your body chiropractic-ly fit significantly aids the body's immune system and helps you lower the risk of organic illnesses. Other more serious diseases may not be prevented but your chiropractor is also trained in general medical skills and, whilst he or she may not be able to treat every illness, there is a good chance that other conditions may be recognised during the course of assessment and regular inspection. We are usually able to direct these patients onwards in the right direction so that appropriate treatment can be given. Fortunately back pains arising from serious disease processes are relatively infrequent so don't panic! That said, you mustn't ignore long-term pains as they need proper assessment regardless of their cause.

Avoidable trauma – Here you will find that the greatest protection comes from knowledge and applied common sense. If you understand your body and how it works then you are much more likely to avoid problems in the first place. An ounce of prevention is infinitely better than a pound of cure! It's cheaper too – and it makes us look better and feel more satisfied with our work. We don't nag you just for the

sake of it – we get some benefits too! It would be quite fair to say that almost half our daily workload is spent on prevention and education – relapses are bad for all of us... The most common mistakes we tend to make in modern life are those of bad bending and lifting and to help our patients deal with such risks we have produced a fairly comprehensive instructional leaflet. It is not simply a list of dos and don'ts but our attempt to give you a powerful set of tools with which to tackle everyday problems. If you take the time and effort to put them into routine practice you will save yourself countless hours of pain... and extra treatment visits too!

Micro-trauma – This is one of the most common causes of spinal malfunction. If we subject our bodies to *frequently repeated* small, or even tiny, amounts of stresses the spine may easily deteriorate to the point literally where the last straw "breaks the camel's back". How often do we hear, "But I only did xyz...."? Even robust metal structures suffer from fatigue, or stress, failures and our bodies are just the same. In many ways our bodies are remarkable in their ability to regenerate and heal but some parts, notably our spinal discs, have no such option and therefore have limits which we can exceed all too easily *over time*. Poor habits, such as bad bending certainly, add to the risk of developing or re-aggravating problems but you are every bit as much at risk from poor seating or even bad beds. These are also dealt with in our instructional leaflets in reception – *just ask for a copy next time you are in the clinic, or call us and we can post one to you.*

Old age? – You cannot avoid ageing but you can lessen its effects by avoiding unnecessary strains. By keeping fit and active and - even if you are not in your prime - by keeping whatever abilities and fitness you still have honed and fit you can minimise any unwelcome suffering. It's never too late to look after yourself!

To quote the late, great Janis Joplin: -
 "Don't compromise yourself. You are all you've got."

Inside every older person there is a younger person wondering just what the heck happened!

£15 New Patient fee!
 - normally £45 - £83!

Your family & friends can get a reduction in the cost of their initial consultation fee from up to the 18th Oct 2008 (*including any xray fees*) only with this voucher.

Please give this to someone you think may benefit from chiropractic care!

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