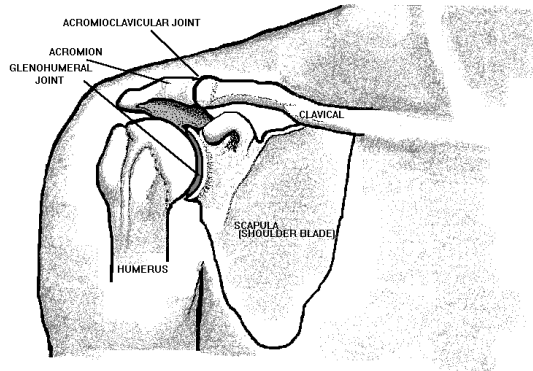


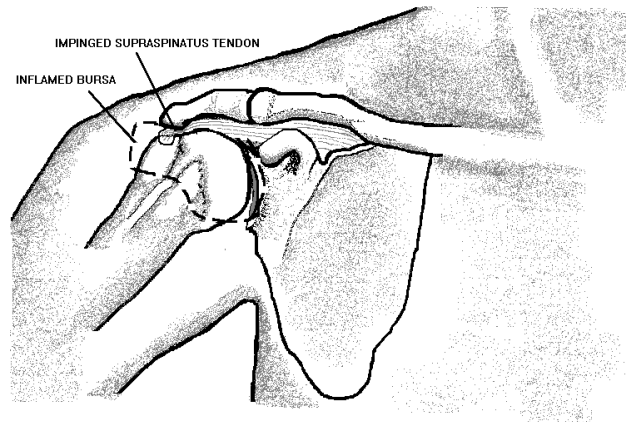
## SHOULDER ANATOMY



FRONT VIEW OF THE RIGHT SHOULDER

## IMPINGEMENT SYNDROME

**Impingement Syndrome** is a condition in which the muscles, particularly the Pectorals and the Infraspinatus muscle, become unbalanced. This may occur by injury, overuse, poor posture, or repetitive trauma. Motions such as a baseball pitcher or swimmer, where the arm is repetitively and forcibly raised and bent backward, are the most common causes of impingement in younger people. Some weight lifters also develop impingement by over-developing their pectorals and neglecting their rotators. This syndrome is characterized by a painful arc of motion. Often the person will have pain while reaching out, lifting their arm, or simply putting on a shirt. The pain can vary from a dull ache to a sharp stabbing pain. The tendons are being pinched between the Acromion of the Scapula and the Humerus. This pinching may wear a hole in the tendon and, if left untreated, it may progress into a complete tear of the involved tendons.



## COMMON SHOULDER

**SPRAINED LIGAMENTS**-Ligaments connect bone to bone. When ligaments are torn, they are said to be sprained. There are three grades of tears 1, 2 and 3 or mild, moderate, and complete. A complete tear may require surgical repair.

### STRAINED (PULLED) / TORN MUSCLES

A strain is a tear in the muscle or tendon. Muscle strains are also graded. A pulled muscle is a minor to moderate tear and can be treated conservatively. However, a complete tear may need surgical repair. Complete tears often result in the inability to move the related limb.

**TENDINITIS**- Tendons connect muscle to bone. When tendons become irritated via injury, overuse or poor joint mechanics, they swell or inflame. Inflamed tendons can become quite painful.

**BURSITIS**- Bursitis is an inflammation of the bursa. A bursa is a fluid filled sack that lubricates the tendons as they move over the bone. This reduces friction and thereby reduces wear and tear on the tendon.

**FROZEN SHOULDER**- More specifically Adhesive Capsulitis, is a condition that commonly affects woman over 40. This painful condition causes the person to stop moving their arm due to pain. The inflammation in the joint and the lack of motion allow adhesions to form. These adhesions further restrict movement of the arm. Conservative treatment can be very effective in the early stages.

**DEGENERATIVE JOINT DISEASE**- Characterized by a break down of the articular cartilage, this condition causes changes in the movements of the shoulder, thereby impinging tendons, inflaming the bursa, and promoting bony changes.

**BICEP TENDINITIS**- The long tendon of the Biceps Brachii muscle runs through a tunnel and when it becomes inflamed (swollen), it does not fit as well. This irritation causes pain in the front of the shoulder with movement of the arm.

**WHAT KIND OF SHOULDER PROBLEMS DO CHIROPRACTORS TREAT?**

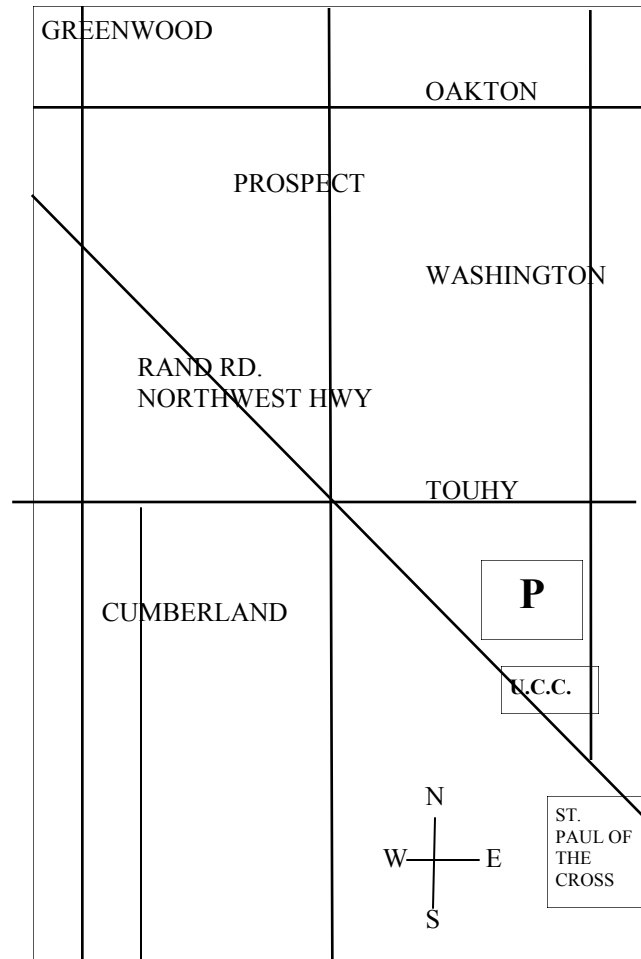
- Bursitis
- Frozen shoulder
- Degenerative joint disease
- Post dislocation rehab
- Muscle imbalance
- Muscle tears
- Impingement syndrome
- Post surgical rehab
- Tendonitis
- Sprained ligaments
- Rotator cuff tears
- Instability
- Bicep tendonitis
- Muscle weakness
- Joint capsule sprains
- Acromioclavicular (AC) Sprains

**HOW DOES A CHIROPRACTOR HELP SHOULDER PROBLEMS?**

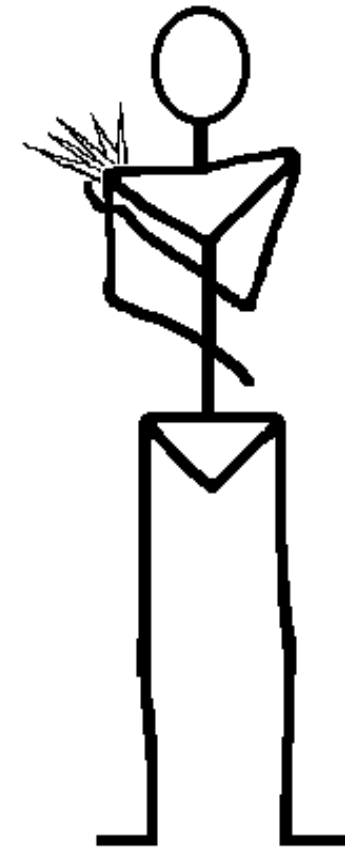
- Examination and diagnosis
- Decreasing the pain
- Controlling inflammation
- Mobilization of the joint
- Correcting the joint mechanics
- Breaking up scar tissue and adhesions
- Retraining the muscles
- Strengthening and balancing the muscles to help you get back to everyday life and prevent reinjury.

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Uptown Chiropractic Clinic is located in the heart of Park Ridge on Northwest Hwy. close to Washington Street. There is ample parking in the public parking lot. There are entrances to the parking lot from Touhy Ave., Washington St., and Northwest Hwy.



**SHOULDER PAIN**



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