

Frozen Shoulder | Symptoms and Treatment for Frozen Shoulder

Frozen shoulder can be very painful and can cause immobility to the shoulder joint. The medical term for this is adhesive capsulitis. Inflammation and scarring of the capsule around the shoulder joint can cause freezing shoulder. This scarring is also known as adhesions.



Is Important to Get a Proper Proper Diagnosis of Frozen Shoulder

An injury to the shoulder and arthritis can have the frozen shoulder symptoms. Consulting your physician is the first step to getting the correct diagnosis. Problems will start by manipulating the affected shoulder. If diagnosis is not sure, he will purchase an X-ray. Then if the X-ray is not clear, an MRI may be done. This is usually done by treating dye into the affected shoulder to see exactly where the problem is.

Common Signs and Also Symptoms

Intense pain in the deltoid region.

Pain May Radiate Down the Arm

Pain is actually worse along with shoulder motion (especially external rotation)

Pain is Better With Rest

Pain is actually worse at night and often disturbs sleep.

May Have Associated Pain in the Upper Back and Neck

Guarded shoulder movements.

Difficulty Achieving Behind the Actual Back

Reduced arm swing with walking.

Those Impacted Typically Hold the Arm Close Against the Body

Rounded shoulders and stooped posture.

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Muscle Spasms

Trigger points in the upper trap muscle.

During the first treatment, getting her to come onto the table was difficult since I did not have a step stool available at the time so I lifted her onto it. The first set of needles that went in the right shoulder has been inserted into the local points and ashi points. Then I inserted needles into Zu San Li (ST-36), San Yin Jiao (SP-6), and Rang Gu (KID-2) for the qi and yin vacuity that was related to her Parkinson's. Next I used direct moxibustion on Qi Hai (CV-6) to help treat her exhaustion using three cones.

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Also I manipulated the needles by hand using the reduction method to release the stagnated proteins your ex right shoulder and using the supplementation method to deal with the metabolic vacuities. After thirty minutes of needle retention and manipulation, I took out the needles and utilized pole moxibustion over her right shoulder. However, I used it in a way that was only taught to me by one my big influencing teachers. I took a paper towel, draped it over the right shoulder (the deltoid), and began tapping the lit end from the moxa pole onto the paper towel. This technique (which is not taught in TCM schools in the US) is a lot more powerful because the heat from the moxa penetrates deep to the tissues. The last part of the treatment involved tui na (medical massage) onto the shoulder.

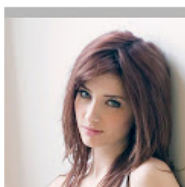
This approach I used has been the same approach I used in the other treatments that followed with a few alterations such as needle-head moxa over the right shoulder. After her initial session was over, Mrs. Patel felt like her energy source had returned back. We continued treatment four more times. After she left my office after our first session with her niece, I pointed out that Mrs. Patel was no longer walking like a frail, ill woman. She was walking like a twenty year old.

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Was Worried Thinking that the Next Time I'd See Her She Would be Back to Square One

Nonetheless, when she arrived for her second program, she was walking the same way as she did after her first session. She did feel some level of trepidation walking up and down a flight of stairs. Even though, she was still walking smoothly. Following our own last session together on August 21st, Mrs. Patel's might now lift her right arm to a one-hundred and twenty degree angle. That showed tremendous amount of improvement than when I saw her on her first session. Unfortunately, with the constraints of time, we couldn't see each other anymore because she had to leave for Liverpool the next day. Before Mrs. Patel left, I gave her the name of an acupuncturist and a herbalist in London.

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“ **Susie Hart**

Susie is a leading curator at [omex3.com](#), a resource about alternative natural health. Last year, Susie worked as a post curator at a well-known tech web site. When she's not sourcing web posts, Susie enjoys working out and skateboarding.

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