



## Shoulder Pain

**Acute shoulder pain** (pain that has been around less than 6 months) can be caused by trauma to the shoulder resulting in damage like torn ligaments and tendons, rotator cuff strain, fracture of the collar bone (clavicle), damage to the shoulder capsule, etc. In these instances, using the SLM treatment will maximize blood flow to the area and hasten healing, especially if surgery is done.

The next thing to remember, if you are not sure you have damage and, if after 2-3 SLM treatments the pain returns at the same intensity, you probably do have damage. An MRI is recommended. (Keep in mind that MRIs might not always pick up damage.)

If you do need surgery, SLM treatments can give you relief from the pain until the surgery can be scheduled. And, after surgery, SLM can hasten the healing by maximizing blood flow to the area.

**Chronic shoulder pain** (pain that has been around awhile, usually 6 months or more) can be pain in the front of the shoulder, pain that stops you from lifting the arm, and it can include dull ache which might wake you up.

**"Frozen shoulder"**: if you had a fall or some other trauma, the SLM technique will help you. If you just woke up with it and you can't think of anything you did to bring it on, it might very well be more stress induced than physical. Until you deal with the stress, SLM can only give you minimal relief.

Muscles involved with these pains can included many all the way to the arch of the foot! The usual culprits are the upper back and arm muscles with associated nerves.

Next week's problem pain will be Achilles tendonitis