

# Frozen Shoulder | Symptoms and Treatment for Frozen Shoulder

**F**rozen 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 right diagnosis. Problems will start by manipulating the affected shoulder. If diagnosis is not sure, he will buy 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 soreness in the deltoid region.

## Pain May Well Radiate Down the Arm

Pain will be worse together with shoulder motion (especially external rotation)

## Pain is Better With Rest

Pain will be worse at night and often disturbs sleep.

## May Have Associated Pain in the Upper Back Again and Neck

Guarded shoulder movements.

## Difficulty Attaining Behind the Back

Reduced arm swing with walking.

## Those Afflicted Typically Hold the Arm Close Against the Body

Rounded shoulders and stooped posture.

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*Tips For Gout Relief. Tips For Gout Relief. Gout is unfortunately a type of arthritis that many have suffered through since way back when. The cause of gout is medically known as uric acid deposits that infiltrate the shared spaces and the connective tissue. The uric...*

## Muscle Spasms

Trigger points within the upper trap muscle.

During the initial treatment, getting her to come onto the table was difficult given that I didn't 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 was inserted into the local things and ashi points. Then I put needles into Zu San Li (ST-36), San Yin Jiao (SP-6), and Rang Gu (KID-2) for that qi and yin vacuity that was related to her Parkinson's. Next I oftentimes tried direct moxibustion on Qi Hai (CV-6) to help treat her fatigue using three cones.

Also I manipulated the needles by hand using the reduction method to release the stagnated meats the woman's right shoulder and using the supplementation technique to deal with the metabolic vacuities. After thirty minutes of needle retention and manipulation, I took out the needles and used 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 started out 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 cells. The last part of the treatment involved tui na (medical massage) onto the shoulder.



## Joint PainGout

This approach I used had been the same approach I utilized in the other treatments that followed with a few adjustments such as needle-head moxa over the right shoulder. After her initial session was above, Mrs. Patel felt like her vigor had returned back. We continued treatment four more times. After she left my office after the 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 Would See Her She Would be Back to Square One

Nevertheless, when she came up for her second treatment, 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. Right after our own last session together on August 21st, Mrs. Patel's might now elevate her right arm to a one-hundred and twenty degree angle. That showed tremendous amount of improvement than when I saw her for her first session. Unfortunately, with the constraints of time, we couldn't see each other anymore given that she had to leave for Birmingham the next day. Before Mrs. Patel left, I gave her the name of a good acupuncturist and a herbalist in London.

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