Frozen Shoulder
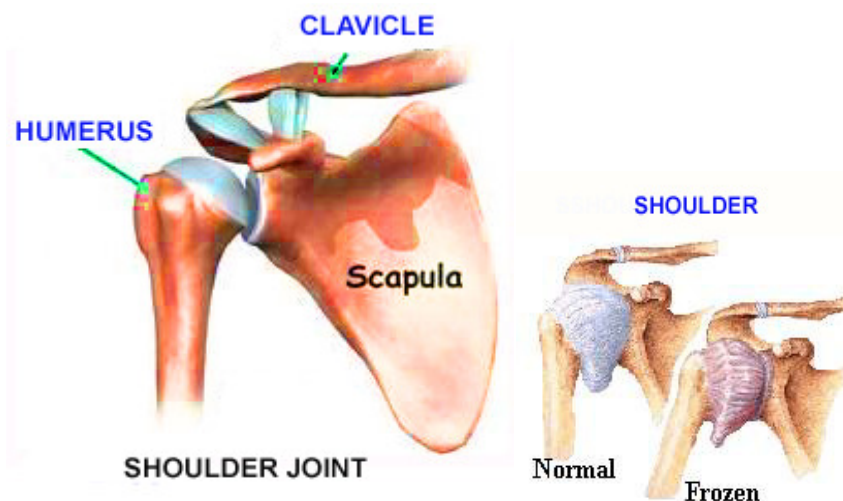
Acupuncture Treatment and Cure

Frozen Shoulder

It is a condition in which the shoulder joint becomes stiff which limits the movement and can cause pain. It is more common in older people between the ages of 50 and 70. It may result from injury, but frequently one cannot pinpoint a cause for the stiffness and pain. Treatment involves physiotherapy and sometimes corticosteroid injection may be prescribed for unbearable relief. Usually with exercise there can be a gradual recovery.
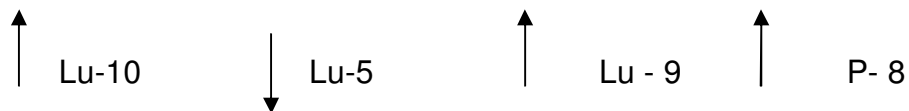
Shoulder joint consists of three bones – the clavicle, scapula and humors. It gives the ability to rotate the arms in many different directions and it is most flexible joint compared to hip and knee joints. The top of the humerus bone rests on the shallow shelf of bone within the shoulder like a golf ball on a tee.

Acupuncture Theory and Treatment.

In five elements theory, the yin organ lungs, control the shoulder joints along with the Liver which control all the muscles. Those people who get frozen shoulder should have observed that such a condition would have occurred after an infection in the lungs. As the circulation to the shoulder joint is reduced due to lung infection, the muscle which operates the shoulder will not get the energy to keep it at the normal temperature. When the temperature is slightly less, the muscles will become stiff which will not allow the joins to move freely.

So in acupuncture, lung coldness reduction and lung heat increase formula works like miracle in many cases. Sometimes, the patients will be able to lift the arm up to 180^0 after few minutes of treatment without much pain. The formula adopted is given below.

$\uparrow$ Lu-10 $\downarrow$ Lu-5 $\uparrow$ Lu - 9 $\uparrow$ P- 8

Shoulder pain – other reasons

Pain in the shoulders and other joints may also be caused by the side effects of the medications such as oral contraceptives penicillin and some anxiety drugs.

Arthritis can cause pain stiffness & swelling in both shoulders. It would be severe upon getting up from the bed in the morning and reduces over the day with rest. This will affect other joints also especially the fingers.

Bursitis of the shoulder joint can create pain at the top, outer part of the shoulders that is worst upon awakening and may subside with normal activity. Pain can increase by stretching or exertion.

Tendonitis can cause pain in the stiff shoulder that hurts more at night and may interrupt sleep. Shoulder may tingle, fell numb or appear swollen.

Injury, over exertion or heavy lifting may cause shoulder pain in a specific spot that worsens with movement. The muscle may be strained or the ligaments night have got stretched beyond its elastic limit.

Sudden, intense shoulder pain indicates the **accumulation of crystals** in the shoulder joint. Shoulder may get inflamed and may become hot to touch without any fever.

Dislocated shoulder joint due to sudden pulling of the joint or bone fracture due to accident or fall should be treated as an emergency and attended by appropriate doctors.

Since the shoulder joint involves the muscles, tendons and ligaments, **increasing Liv-1 formula will give long time benefits.**

ACUPRESSURE CLUB

REGISTRATION FORM

Name		Date of Birth	
Address			
Email :		Telephone / Mobile	

a.	**How long the frozen shoulder was there?**

< 6 months	☐ < 1 Year	☐ < 2 Year	☐ >2 Year

a.	**What is the angle at which it pains?**

< 30 deg	☐ < 60 deg	☐ 90 deg	☐ < 120 deg	☐ < 180 deg

c.	**Is there stiffness in the joint?** ☐ Yes ☐ No
d.	**If there pain in the joint while moving?** ☐ Yes ☐ No
e	**If yes, can you quantify in a scale of 0 to 10. IF 10 is taken as the max pain you experienced** 0 ←————————————————→ 10
f.	**Do you take any medication?** ☐ Yes ☐ No If Yes, give details on the medicines and dose

Camp Record No

Name :	Telephone No.
Date of Joining the camp:	

	Pain Intensity 0 – 10	Stiffness	Arm lifted without pain (Deg)	Arm lifted with pain (Deg)	Overall health
Aug 2011					
Sept 2011					
Oct 2011					
November 2011					
December 2011					