

Everything You Wanted to Know to Treat Shoulder Pain Successfully: INTRODUCTION

This program is designed to help you with your shoulder pain. Specifically, it may help you with shoulder arthritis, shoulder tendonitis, shoulder impingement, shoulder rotator cuff tears, shoulder bursitis, and with some exceptions frozen shoulder (see our specific video on frozen shoulder).

Shoulder pain is extremely common, and many people are surprised at how intense it can be. Many of our patients believe there must be something seriously wrong with their shoulder for it to hurt that bad.

We approach most shoulder pain issues with the thought that something in the shoulder is in the wrong position and therefore it is not working or moving quite right. This dysfunctional movement is causing your pain. An obvious exception would be an injury to the shoulder from an accident, fall, or some type of physical trauma.

Our first goal is to get your shoulder and shoulder blade back into a correct position. Once it is in the correct position, we can work on getting it to move pain-free through proper strengthening and exercises. At least, get your shoulder working as well as it can be expected.

The second goal is to eliminate or lessen the shoulder pain makers in your life. In our world, a pain maker is an action, a position, or thing that causes pain. We will cover this in detail in future videos.

Our third goal is to strengthen the shoulder and posture muscles so the shoulder will remain in correct position, remain pain free, and be able to handle the stresses of work and everyday living.

DISCLAIMER: We insist that you see a physician before starting this video series. Furthermore, this video series is not designed to replace the treatment of a professional: physician, osteopath, physical therapist, orthopedic surgeon, or chiropractor. It may however serve as an adjunct. Do not go against the advice of your health care professional. When under the care of a professional make certain that they approve of all that you try. This information is not intended as a substitute for medical treatment. Any information given about shoulder-related conditions, treatments, and products is not intended to be a substitute for

professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this publication. Before starting an exercise program, consult a physician.

Our insistence that you see a Doctor is based upon many reasons.

1. Your shoulder pain could be coming from your neck or upper back.
2. If your shoulder pain is from trauma, or an accident you need to be examined by a medical profession.
3. Shoulder pain can be from medical issues (cardiac or heart problems, cancer, etc.)

We embrace the same philosophy with each video.

1. It is up to you to get better. You oversee your body and the outcome. You are in charge and you are responsible. Somebody is not going to swoop in and magically heal your problem. There is no magic pill, surgery or shot that will solve your problem.
2. The body has great capacity to heal and it wants to heal. Provide the environment where it can heal.
3. You must believe and follow recommendations. If we recommend exercises and you fail to perform them, you will not get better. It is as simple as that.
4. We are not big believers in having a therapist or doctor do something to you (manual therapy, massage, some type of modality). We are big supporters of people managing their own bodies with therapists serving as consultants.