

## Acupuncture for Shoulder Pain

According to the Mayo Clinic, frozen shoulder is a condition otherwise known as adhesive capsulitis. The condition centers in the shoulder joint and is accompanied by severe pain and stiffness.

There are three stages of frozen shoulder. The painful stage, frozen stage and thawing stage. Painful stage is when any movement cannot take place without substantial pain. In the frozen stage, the shoulder stiffens, pain lessens and mobility greatly decreases causing a “frozen” affect. During the thawing stage, shoulder mobility begins to return.

Restriction of movement occurs when the connective tissue surrounding the ligaments, tendons and bones of the shoulder thicken and tighten around the shoulder joint causing restriction of movement.

Risk factors of frozen shoulder may include:

- Age (most commonly occurring in women)
- Sex (those more than 40 years of age)
- Decreased or loss of shoulder movement due to prior condition such as rotator cuff injury broken arm or stroke
- Predisposition of disease such as diabetes, hyperthyroidism, hypothyroidism, cardiovascular disease, tuberculosis or parkinson's disease

Acupuncture treatments provide a safe, natural way to alleviate frozen shoulder. The Traditional Chinese Medicine (TCM) sees the human body as an integrated being. It works with vital energies inherent within all living things to promote the body’s ability to heal itself. Qi (pronounced “chee”) is a vital energy that flows through meridians, pathways that run throughout the entire body. Qi protects the body from illness and provides nourishment to cells, tissues, muscles and organs. During acupuncture treatments, fine, sterile needles are inserted at specific acupoints along these meridians to release Qi, unblock obstructions and correct imbalance.

### Acupuncture Help Shoulder Pain:

- Clear nerves compression/pinched nerves
- Increase blood circulation to an injured area
- Relax the stiffened muscles
- Reduce inflammation
- Promote tissues healing
- Provide natural pain relief
- Improve range of movement

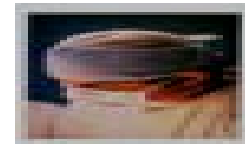
Acupuncture practitioners recommend a holistic health approach inclusive of herbal remedies, massage and stretching. According to Eastern holistic medicine, treatment of frozen shoulder requires lifestyle changes with overall health as its goal.

- Exercise increases flexibility, maintains weight and strengthens muscles

- Diets including anti-inflammatories, unprocessed and organic foods
- Stress reduction through breath, meditation and yoga
- Achieving a balance of rest and relaxation

## Procedures of Acupuncture

During a treatment, specific acupuncture points are stimulated to balance bioelectric energy circulation and promote the body’s own natural healing abilities. A balance of energy in the body yields mind-body relaxation and optimized physiological functions of the body. The whole procedures last about 20 minutes, during which time patients are very relaxed and comfortable.



Dr. Bruce Pomeranz,  
Neurosurgeon, University of Toronto

*“I can’t see a better solution to long-term chronic pain. There is no question in my mind that acupuncture is safer than surgery or drugs.”*

## Acupuncture goes Mainstream

Acupuncture is recognized by the National Institutes of Health (NIH) and the World Health Organization (WHO) as effective in treating these conditions.

- Addiction-alcohol, drug, smoking
- Anxiety/ADD
- Arthritis
- Asthma
- Back Pain
- Bronchitis
- Bursitis
- Carpal Tunnel Syndrome
- Chronic Fatigue
- Common Cold & Flu
- Constipation
- Depression
- Digestive Disorders
- Dizziness
- Facial Palsy/Tics
- Fertility/Habitual Miscarriages
- Fibromyalgia
- Frozen Shoulder/Pain
- Gastrointestinal Disorders
- Headache/Migraines
- Hepatitis B/C
- Immune system deficiency
- Incontinence
- Insomnia
- Knee pain
- Myofascial Pain Syndrome
- Neck Pain/Stiff Neck/Whiplash
- Osteoarthritis
- PMS
- Rhinitis/Sinusitis
- Sciatica

- Sports Injured
- Stress/Emotional Problems
- Stroke Paralysis/Numbness
- Tendonitis/Tennis Elbow
- TMJ
- Trigeminal Neuralgia
- Wrist Pain



L. Phan, D.O.M., A.P.

*“Experience is priceless...”*

- Graduate from the University of Hawaii with a B.S. in Bio-Chemistry
- Completed 4 years post-graduate training in Acupuncture and Herbal Medicine at American College of Acupuncture and Oriental Medicine, Houston, Texas
- Certified Neuromuscular Therapist
- Certified Craniosacral Therapist
- NAET (allergy) Therapist
- Certified Laser Therapist
- Herbalist (NCCAOM)

# ACUPUNCTURE FOR Shoulder Pain

**We Specialize Treating the Following  
Conditions, But Not Limited to:**



**Healing, so you can get back to life.**

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