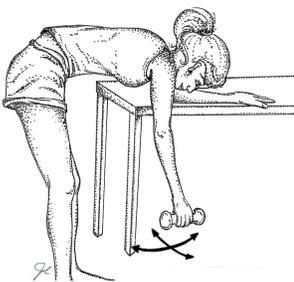


Healing is a matter of time, but it is sometimes also a matter of opportunity.

~ Hippocrates

The Pendulum.

To help get your shoulder moving again and relieve pain, bend forward at the waist and support yourself with the opposite arm on a table. Allow your swinging arm to completely relax. Initiate the pendulum motion of the arm by moving your torso. The aim is to pay attention to the shoulder joint and to allow it to relax as you gently sway your arm back and forth.



Frozen Shoulder

You feel it most when you reach into your hip pocket. Combing your hair delivers pain. Fastening a bra is a battle. In sleep, you roll over and then you are awakened by the discomfort. Simply, **frozen shoulder is characterized by stiffening in the shoulder that turns everyday tasks into pain-filled challenges.** It limits your range of motion and affects your quality of life.

The shoulder joint is fascinating. The top of the upper arm bone, shoulder blade, collarbone, and various soft tissues such as muscles and ligaments form the joint. The teamwork of these parts that allow the shoulder to move is remarkable; likewise, your shoulder is precious and should be treated with care. Imagine how inconvenient simple tasks would be without the use of this joint; or how limiting it would be if our arms only moved in one direction like an old-fashioned Barbie Doll's. Aside from the hip, the shoulder is the only other "ball-and-socket" joint that can freely move in many directions.

"Frozen Shoulder" is an umbrella term used to describe soft tissue problems in the shoulder joint, including *idiopathic capsulitis*, *adhesive capsulitis*, and *subacromial fibrosis*. Symptoms include intense pain and restricted movement of the shoulder (almost as if the shoulder is actually becoming "frozen").

1. **Idiopathic capsulitis** has no apparent cause. It usually starts with pain and advances to restricted movement leading to an internal, scar-like reaction called "fibrosis" which further increases pain and immobility.
2. **Adhesive capsulitis** is caused by damage to the muscles and ligaments of the shoulder. Whether there are small muscle tears or direct trauma, the inner structures of the shoulder joint become thickened, contracted, and self-adherent.
3. **Subacromial fibrosis** demonstrates a transformation of the connective tissue within the shoulder joint capsule. The joint space develops a thin, dry and brittle fluid-filled sac. It also becomes laced with tough adhesions related to problematic ligaments.

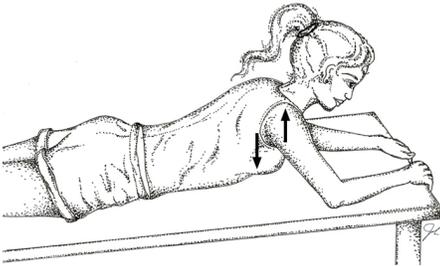
Causes of frozen shoulder can include psychosomatic, nerve entrapment, osteoarthritis, rheumatoid arthritis, tendonitis, bursitis, myofascial trigger points, poor posture, and surgery (i.e. mastectomy).

The good news about frozen shoulder: **your Massage Therapist can help you recover...**

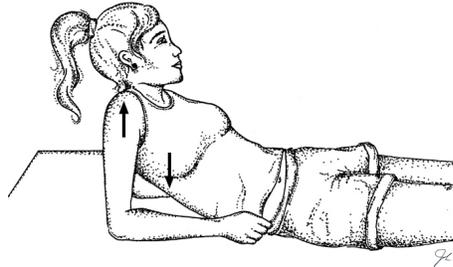
Through the use of preventative maintenance, self-care exercises, and frequent massage therapy sessions, your shoulder pain will disappear and movement will gradually restore. You'll be able to scratch your back and put your coat on without grimacing in pain. Ensure that this beloved joint is nurtured and mobile!

Cont'd on reverse side...

Self-mobilization of the shoulder



Posterior Glide. Lie faced down, propped up on both forearms and elbows. Shift the weight of your torso between your arms.



Anterior Glide. Lie down, resting with your elbows and forearms behind you. Lean the weight of your torso between your arms.



Caudal Glide. Sit on a firm surface. Grasp the edge of the surface and lean the weight of your torso away from the stabilized arm.

Massage Gives Frozen Shoulder the Cold Shoulder

During the first 2-3 weeks of frozen shoulder, extreme night pain is present.

The shoulder joint tightens and daily activities become painfully challenging.

“Thawing” your frozen shoulder, reducing pain, and improving mobility is your Massage Therapist’s first priority. Massage is a safe and effective alternative to conventional treatments such as corticosteroid injections or forced manipulation of the shoulder under anesthetic. **Massage can help your shoulder “unfreeze” and help you return to your daily activities, pain-free.**

Your Massage Therapist will assess your condition and determine the kind of frozen shoulder you have. For example, some clients have the exact same symptoms of frozen shoulder, but the cause is a knot in their “subscapularis” muscle. Tender points in this muscle can refer pain into your shoulder, making you feel like you have frozen shoulder. Professional Massage Therapists are specially trained to dissolve these knots using trigger point therapy, stretching, and hydrotherapy.

Using a variety of massage techniques and gentle joint play movements, your Massage Therapist will melt away the painful, fibrous restrictions that have developed in your shoulder. Your pain will gradually subside and normal movement will return. Your treatment plan usually consists of frequent massage therapy sessions over several months, including an individualized program of exercises that you can do at home to help speed-up recovery.

For appointment bookings or more information, please call: (905) 897-8889