



**PRAHRAN
OSTEOPATHIC
CLINIC**

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Pahran Osteopathic Clinic

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Clinic Services

Osteopathy

Naturopathy

Acupuncture



Appointments available:

Monday

9:00am-12:00pm

Tuesday

9:00am-12:00 2:00pm-7:00pm

Wednesday

9:00am-1:00pm

Thursday

9:00am-12:00 2:00pm-7:00pm

Friday

9:00am-2:00pm

Saturday

9:00am-12:00 2:00pm-5:00pm

Shoulder Pain-A Holistic Approach

Ever since I was young boy I was passionate about looking at the big picture. Making connections and seeing how one thing caused another fascinated me. In the spirit of exploration let me share some of my clinical insights demonstrating how we Osteopaths evaluate and treat pain in the body. Let's take the problem of shoulder pain.

Where is it?

The rotator cuff is made up of four muscles. They attach to the ball of our shoulder joint by a ligament that has a really poor blood supply. When it gets damaged due to either injury or age related degeneration it struggles to heal. But that doesn't mean it can't be helped!

The Western medical viewpoint

After a proper diagnosis, we utilise a range of techniques to get you out of pain then give you strengthening exercises. Most cases respond without the need for surgery. You won't know this but the shoulder is actually made up of twelve separate joints all dependent upon each other for pain free shoulder function. It is important to evaluate and treat not only at the shoulder, but the whole region to prevent recurrence.

My passion for the big picture:

Given that the Osteopathic philosophy sees the person as a unit of body, mind and spirit capable of self-regulation, we look to how all of these joints are working in relation to each other to deal with the local pain. Could a stiff upper neck and back be a primary driver of your dysfunction? Soft tissue treatment, manipulation and stretching are helpful hands on treatment methods. Natural anti-inflammatories combined with nightly ice may help too. Be professionally guided.

The Eastern medical viewpoint:

Interestingly traditional Chinese Acupuncture sees recurrent shoulder problems as a large bowel disorder. The chronic inflammation of irritable bowel disorder may generate inflammatory chemicals in your blood further inflaming pre-existing tears in your shoulder. Tailored dietary advice, a professional guided gut cleanse along with Acupuncture to deal with the site of pain and the underlying bowel imbalance may help. Oh and Acupuncture is pretty painless!

See your health challenges as a gift – alerting you of the mind body spirit changes you need to make to move forward. Rotator cuff tears typically respond to a combination of physical treatment and a sensible home regimen.

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