

by electricity or crawling. Neuralgia, on the other hand, has come to mean pain of a specific nerve—all along the course of it.

Bursitis is a common condition of people with arm and shoulder pain. The name comes from the other name for the synovial pouch—the bursa. The problem involves inflammation of the bursa, causing acute pain with any movement of the shoulder joint. Stiffness with moderate pain are evident at other times as well.

Nerve root pressure in the neck causes a condition known as radiculitis. It probably is the most common cause of pain in the arm and shoulder. Spinal misalignment can be the source of this nerve root pressure.

See your chiropractor for arm and shoulder pain

Even mild pain can be an indication of a serious condition when there is constant pressure on the nerve root. This pain can be caused by faulty discs or arthritis as well as misalignment. Only an examination by your chiropractor can determine the cause. Pain might be sharp (felt in the arm and shoulder joints) or a deep and aching sensation. Any pain of this kind should be checked right away by your doctor of chiropractic. Serious infection or injury to spinal bones could be causing the pain and needs immediate diagnosis.

Problems that involve the spine, nerves, muscles and joints are the special field of the chiropractor. They have extensive education and training that qualify them to handle these problems. Only after a thorough examination and study of X-rays can the chiropractor determine the source of a condition and suggest a treatment.

Prompt relief is surely a goal, but most important of all, the chiropractor uses his education and experience to search out the underlying cause so that the problem can be corrected.

See Your Doctor of Chiropractic Today!

Give this pamphlet to a friend
who suffers from
arm and shoulder pain.

Complements of:
Dr. Cameron Stewart
Chiropractic Physician
www.drcam.rocks

Arm and Shoulder Pain



Arm and shoulder pain

Have you ever thought about how much you use your arms and shoulders? You probably just take it for granted that you can drive a car, swim, play tennis, hoe a garden, paint your house, throw a ball, wash dishes or flip the pages of a magazine.

There are thousands of ways we use our arms and shoulders each day without thinking about it until it hurts us to do so. They are involved routinely in our work and our play—in fact even breathing brings about a slight movement of the shoulder at the socket-joint where it meets the upper arm. These motions are as ceaseless as breathing and take about as much thought, as everyday activities are pursued.

Shoulder joints work together

Instead of just one joint, as most people think, the shoulder is a composite of seven joints that must work in harmony. Each joint must act together with all the others in a complex arrangement where the upper arm meets the collarbone. Each is dependent on the other and a problem with one affects them all.

Precise relationship of components

It is the intimate relationship of ligaments and tendons, bone and muscle that allow the arm and shoulder to move so well. Movement is achieved with skeletal muscles which, attached to the bones directly or by tendons, do the work. Movement is possible—even though the bones are rigid—thanks to the harmonious arrangement of the joints.

This arrangement allows for a wide variety of complex action. A person with a normal shoulder joint can make a complete circle with your arm at the shoulder. The bones in the joint allow the movement; the bones in the arm give it its strength. This freedom of movement gives humans a major advantage over fourlegged animals.

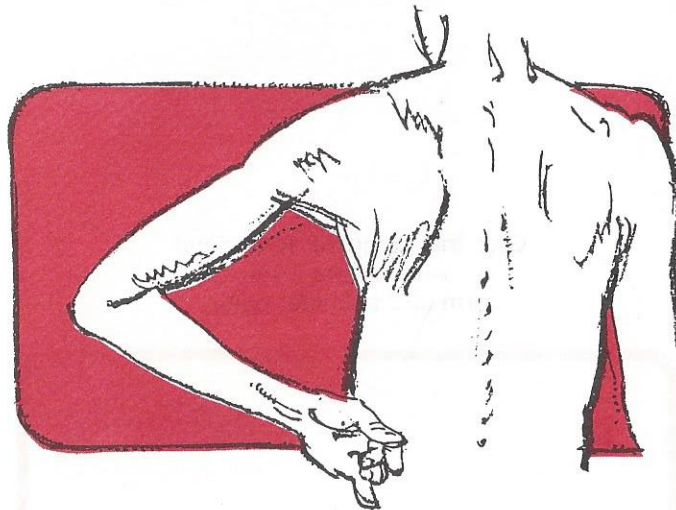
Without it they would be unable to reach out and grasp.

What prevents bones from rubbing together?

Portions of the bones in your arm and shoulder (as well as most other joints) are lined with a smooth layer of cartilage to assist painless motion. Also a capsule of connective tissue—called a synovial capsule—encloses and holds together these freely movable joints. This capsule secretes a slick fluid which acts as lubrication of the joints and allows free and painless movement of the arm and shoulder.

Arm and shoulder pain can be caused by misaligned vertebrae

Many times arm and shoulder pains are the result of misaligned vertebrae, although there can be a number of other causes.



Stress in your work, poor posture or spinal curvature are just a few. However, irritation or impingement of the nerves is the principal culprit and this condition is most often caused by misalignment.

Of itself, pain is not an indication of the severity of the condition. Sometimes a

slight pain is part of a serious condition, or temporary muscle soreness can be a minor symptom, even if it hurts considerably. Pain is a symptom of nerve impingement—although there may be misalignment without symptoms. Early detection by a doctor of chiropractic, followed by correction, could prevent pain.

Normal nerve supply is the key to perfect harmony of the bone, muscle and connective tissue as they work together to allow painless movement of the arm and shoulder. Therefore, if the nerve supply is impinged or irritated by misalignment of the spinal column, the result will be pain and restriction of motion.

Pain in the arm and shoulder does not always indicate trouble at that location. Often it is referred pain—pain that arises from a condition elsewhere, such as from whiplash injury to the neck. Whiplash often occurs when a vehicle is struck from behind or in a head-on collision. This pain may not even show up until much later.

What are some of the common problems of this pain?

Pain from some minor everyday movement—such as reaching for a cup or putting on a shirt—usually is the first indication of an arm and shoulder problem. The most common of these are neuritis, neuralgia, tremors and incoordination, bursitis, radiculitis, and weakness (or even paralysis).

Neuritis and neuralgia are not one and the same, although many people think so. Neuritis is inflammation of a nerve (other than a nerve root) that can bring pain and tenderness to larger areas of the body served by that nerve. Tingling sensations called paresthesias may be present. These are described by patients variously as feeling hot or cold in spots, stinging, being shocked