



WEBER CHIROPRACTIC OFFICE, S.C.
Providing Choices in Complementary Health Care
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –
Low Level Laser – Nutrition – Medical Weight Loss



The Shoulder

Shoulder and neck problems frequently persist even after rest, physical therapy, medication, injections and even surgery. One of the great misunderstandings about **musculoskeletal pain** is that it is due to some injury or structural pathology seen on an MRI or X-ray. In spite of advanced imaging which shows tissue damage, the question that remains unanswered is **why are these injuries occurring?**

Over the past few years, modern assessment of musculoskeletal pain has shifted from simply diagnosis of the injury or structural pathology to assessment of functional pathology or why did this happen in the first place. The body is a kinetic chain of movement and a “**weak link**” somewhere in the chain can cause injury and pain removed from its cause.

The neck and shoulder are areas that frequently have painful episodes that cannot be explained from X-rays or even MRI. We have all heard the comments that “the MRI didn’t show anything” or “the findings shouldn’t cause this much pain”. The answer lies in what is called **dysfunctional movement** or faulty movement patterns. The key pattern affecting the neck and shoulder is an abnormal scapulo-humeral (shoulder blade-arm) rhythm. This causes the shoulder to shrug up toward the ears and results in increased neck/shoulder muscle tension, rounded shoulders and forward head posture. In examining patients with upper back and neck pain, there is frequently increased muscle tension between the spine and shoulder blade alerting me to the probability that there is also shoulder joint dysfunction contributing to the pain in the neck.

Once I identify the area(s) of dysfunction(s) and make sure there are no more serious, underlying problems, treatment is prescribed to control the painful tissues as well as to start the rehabilitation of the dysfunctional movements that led to the pain. In the shoulder, this means correcting the head forward posture and stabilizing the shoulder blade so it doesn’t shrug up every time the patient raises the arm. There are three simple exercises that are prescribed to do this:

1. Align the head over the shoulders with the Bruegger relief position which is simply sticking the chest forward and pulling the chin straight back like a soldier would at attention. Hold for 30 seconds. Do this frequently during the day.
2. In a chair, push your elbow down into the arm rest - feel what happens in your shoulder blade – it should feel pulled down. Hold the push for a count of 5 and repeat 10 times, twice per day.
3. Again in the chair, push your elbow back into the chair – again you should feel the blade pulled back. Hold the push for a count of 5 and repeat 10 times, twice per day.

Now That Summer Is Over. . .

We have had our fill of buttered sweet corn, juicy burgers and brats and ice cream treats resulting in a few extra pounds around the midline. Maybe it’s just time to get control of that stubborn cholesterol level or that borderline diabetes level that you have been warned about by your doctor; remember our **Ideal Protein Health Rejuvenation and Weight Loss Program** that has helped so many people reach better health. It’s a simple program that combines good eating habits of real food along with the assistance of the Ideal Proteins that maintain muscle mass during weight loss. We have an information packet available and are always ready to talk to you about a healthier you.

Again, thank you for being our patient!
We appreciate you and look forward to serving you.

David J. Weber, D.C., D.A.B.C.O.

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