

Scituate and Burrillville Chiropractic Centers



Neck, Shoulder, Arm Pain

Shoulder pain as a symptom is easily recognized but seldom understood. Earlier less acute symptoms provide the tip off. What often results in the aching, throbbing shoulder, is a condition that began as stiff and tender shawl muscles across the top of the shoulder. Left untreated that stiffness and tenderness can progress over a period of weeks that could ultimately reach an intensity that is almost unbearable.

Burning ache of the shoulder can and often does extend into the neck and head. Obviously, neck and shoulder movement becomes increasingly painful and difficult.

The first serious interest in correction frequently follows the frustration of a person who has attempted to shave, comb or shampoo, since that action can cause an increase and sharpness of pain down the arm and tingling into the fingers. Ultimately, weakness, fatigue, and tremor of the arm accompany the pain and the muscles across the chest become tender. The symptoms then, are all the more recognizable and made more severe by coughing or sneezing. Nature responds to the incessant pain by varying degrees of immobility. Shoulder and arm pain constitutes the most frequently recognized symptoms of the lower neck and upper spine. Abnormally small or distorted nerve openings serve to irritate the nerves which pass through them which supplies the

shoulder, neck, arm and upper back and chest muscles. It follows that muscles supplied by irritated nerves themselves become tense, painful and lose their normal elasticity and ability to relax. The shoulder pain, tingling and the pain across the chest can be only the first of many problems. Upper back aches, headaches and pain and tenderness of the forearm all are pieces of the composite pie.

Experience has shown that shoulder and arm pain respond to the specialized care offered by the doctors of chiropractic. The early warning symptoms of pain and tenderness are calls to action. Shoulder and arm pain will probably never permanently correct themselves.

If you have any other questions about neck, shoulder pain or arm pain or if you would like to speak to Dr. Reed or Dr. Kohler, please call

401-934-0077