

# Shoulder Pain

Shoulder pain is a common complaint. Often there is a diagnosable problem in the shoulder-impingement syndrome, biceps tendonitis, adhesive capsulitis etc. These may be surgical issues however many patients have negative MRIs or wish to avoid surgery. Physical therapy in these conditions is also appropriate (and I generally recommend it) but OMT can be used for pain control and for shoulder complaints without a clear diagnosis.

## Treatment:

1. Treatment of the upper and mid thoracic vertebrae via a technique of your choice
2. Spencer Technique of the Shoulder:
  - a. Stage 1: shoulder extension with elbow flexion (A)
  - b. Stage 2: shoulder and elbow extension shoulder and elbow flexion (B)
  - c. Stage 3: abduct to 90°, stabilize shoulder, move in circumduction with compression toward joint clockwise then counterclockwise
  - d. Stage 4: abduct to 90°, stabilize shoulder, move in circumduction with traction clockwise and then counterclockwise
  - e. Stage 5: abduction then cephalad pressure upward (E) until end ROM repeat 6-8 times
  - f. Stage 6: test internal rotation (F) by placing pts hand behind back and pulling elbow forward until end rotation repeat 6-8 times
  - g. Stage 7: arm traction and deltoid pump (G) slow gentle traction stretch by pulling humeral head toward physician holding tension then return. Then compression force. Repeat 6-8 times

