

# SHOULDER PAIN

Acupuncture has been proven an effective and helpful tool in the treatment of many acute and chronic shoulder pains. Oriental Medicine concludes that disorders of the shoulder are due to a disharmony and deficiency of Qi, usually caused by trauma, sprain, or habitual misuse. Because the head, neck, ribs, upper arms, the cervical and thoracic spine are often subjected to heavy weight-bearing loads, complex movements, and strong physical forces, injury and upper extremity pain is the result.

Oriental Medicine (OM) and Biomedical disorders of the shoulder structure are mainly arthritic and involve the bursae. Some causes of shoulder pain treated with acupuncture include the following:

- ◆ Injury
- ◆ Bursitis
- ◆ Instability
- ◆ Periarthritis
- ◆ Traumatic Arthritis
- ◆ Arthritis from rheumatoid, psoriatic, and systemic lupus erythematosus
- ◆ Supraspinatus, Tendinitis, Infrapinatus Tendinitis, Teres Minor Tendinitis, Proximal Biceps Tendinitis, Recurrent Shoulder Tendinitis
- ◆ Metasases
- ◆ Shoulder-hand Syndrome

## Treatment Principles

The main treatment principal of acupuncture involves relaxing the muscles and tendons, as well as activating the flow of Qi and improving the circulation of blood in the body. The type of treatment used depends on the severity of the problem.

Some acupuncture therapies used to treat shoulder pain include:

- ◆ Ear Acupuncture – needles are placed at the Shoulder, Ear Shenmen, Adrenal Gland, and Subcortex for moderate stimulation
- ◆ Blood-letting Puncturing and Cupping – the tender pain points are tapped with seven-star needles, prick bleeding and cupping added
- ◆ Distal Point Therapy – allows mobilization and manual therapy to be performed at the same time and is performed away from the point of injury or pain
- ◆ Local Point Therapy – stimulates a point near the affected area for a short period of time and may prevent flare-up
- ◆ Chinese Herbal Medicine – various Chinese Medicines used either topically or taken orally to regulate and ease shoulder disorder pain

## Results of Acupuncture Treatment

Acupuncture can sometimes relieve shoulder pain instantly. Long-term relief is also promising.

**ACUPUNCTURE CLINIC of ENDICOTT**  
Cheng Zong, NYS Licensed Acupuncturist  
806 North Street  
Endicott, NY 13760  
Phone: 607-754-6666

**ACUPUNCTURE CLINIC of ONEONTA**  
Xiaolei Zhang, NYS Licensed Acupuncturist  
357 Main Street  
Oneonta, NY 13820  
Phone: 607-436-9698

*No Fault, Workers Compensation, certain insurance plans accepted*