

Overcoming Shoulder Pain

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I think we are all familiar with the saying "use it or lose it." I always thought it referred to muscles, but in the last few years I have realized that "use it or lose it" refers to flexibility and mobility. Movement enhances circulation and fluid exchange. I want to share a personal victory over a frozen shoulder that I struggled with for many years.

Over 2 years ago, I couldn't lift my arm above my shoulder. I was getting manipulative care and had some relief but my range of motion was limited. About the same time my brother, Jerold, developed a similar problem. He discovered a video and a book by John M. Kirsch, an orthopedic surgeon who was trying to help people overcome their pain and inflexibility. Dr.



Kirsch asserted that if you move the shoulder through the discomfort, you can regain your flexibility.

Having had shoulder problems himself he discovered that increasing mobility was the solution. He suggested people should hang on a bar like when we were kids to open up the shoulder joint. He also found using light weights and exercising the shoulder in three

directions would restore range of motion.

I must confess I was really skeptical. I wasn't in any pain but my range of motion was definitely limited. Jerold on the other hand was desperate and quite frankly in much more pain since he wasn't getting manipulative care. Jerold ordered a chin-up bar that can be attached to a door frame. You can see it here. And a glove like mechanism that contains hooks that

allow you to hang on the bar without hurting your hands called hauling hooks.

To my surprise both of us found complete relief. The book by Dr. Kirsch is called *Shoulder pain? The Solution and Prevention*. It's the result of 25 years of research and contains self help, prevention, treatment and instruction.

Dr. Kirsch reports in his book, "in a 92 person study, each of the subjects were carefully followed, the majority of which had been suffering from shoulder pain for many years. Two subjects dropped out of the study for personal reasons but 90 returned to the normal activities of daily living (ADL). In fact, two of the subjects were scheduled to have shoulder replacement surgery and were able to cancel the surgery."

Dr. Kirsch himself was bowled over by two large dogs at age 74 and suffered a complete tear of his rotator cuff. The supraspinatus tendon was completely torn and the muscle contracted. Using his methods he was able to completely recover without surgery. And four years later he still has complete function of the shoulder.

With or without shoulder pain, the beauty of this technique is twofold. First, it feels great. Somehow just hanging opens up your upper body and just feels good. Second, according to Dr. Kirsch it acts in a preventative manner to ensure future mobilization. You can see a link to his website on the right

where he has multiple videos and testimonials under the section reviews.

It's hard to argue with 100% success because after the two people that dropped out of the study 90 out of 90 people got better.

In addition, I know that if vitamin K2 levels are low and they are for almost everyone, calcium will accumulate in areas outside the bone. See the TM on vitamin K2 for more information.

Another area that I would consider is feeding the chondrocytes that make connective tissue. You can see a TM on a rather remarkable testimony of a knee condition that was resistive to care.

Now I know I am not trained in physical therapy so I hope I am not stepping on anyone's toes. But as I said earlier, even though I saw five different doctors trained in manipulative therapies, I still had limited motion; so I am sure there are some clinicians that will find this technique useful. The reality is, this technique worked for me and my brother, and we both continue to use it almost daily because it just feels good. And that's what this forum is all about, sharing ideas that have worked for other clinicians so you can add to your range of services.

Thanks for reading this week's Tuesday Minute edition. I'll see you next Tuesday.