

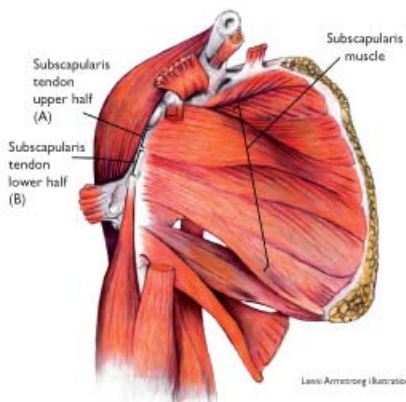
Shoulder Injuries

Active Release is very effective at treating Tendonitis, Frozen Shoulder, Bursitis, and Rotator Cuff Injuries.



Shoulder injuries usually develop over long periods of time. Some of the ways the soft tissue structures of the shoulder can be injured include:

- Repetitive actions that involve the shoulder joint
- Muscle imbalances. Tightness in the hip puts more strain on the spine and shoulder as a golfer or tennis player rotates through their swing.
- Increased physical activity.
- Scar tissue from surgeries.
- Soft tissue restrictions in the neck, back, and arm
- Acute or repetitive trauma to the shoulder
- Biomechanical imbalances that occur during weight-lifting



Repetitive stresses or an acute trauma will cause the body to lay down scar tissue (restrictions) on the muscles, tendons and ligaments. This is a natural process the body performs in order to protect the stressed tissues. Unfortunately, this process will bind muscles and the other soft tissue structures together, chronically shorten a muscle putting increased stress on the tendons as well as the muscle, and/or adhere a nerve to the muscle causing irritation.

Imbalances in the soft tissue of the shoulder will cause instability making it prone to injury and increased stress on the back, neck and arms. The back, neck, and arms take on increased stress in order to compensate for problems in the shoulder. Many cases of elbow tendonitis start with imbalances in the shoulder.

The shoulder blade moves as you raise your arm from your side. Restrictions in the muscles that attach to the shoulder blade will inhibit its motion affecting the ability to raise your arm. This puts more stress on the ball and socket joint of the shoulder.

Conventional treatments tend to have poor symptomatic relief, long periods of treatment, and only temporary results. Conventional treatments fail for the following reasons:

- They treat only symptoms. Medications hide the pain but do not fix the structural problems of the shoulder.
- Fail to address the root of the problem – the restrictive fibers that bind the tissues of the shoulder together causing inflammation and increases stress.
- Fail to address the problems of adjacent structures affecting full resolution of the shoulder problem.

Active Release addresses the restrictions in the shoulder and adjacent structures. When these restrictions are released, it decreases the stresses placed on the muscles, tendons, ligaments and nerves. This allows the area to heal and restores a proper balance to the shoulder joint. PAIN USUALLY RESOLVES WHEN PROPER BALANCE IS RESTORED TO THE SHOULDER.