

ACUPUNCTURE WILL HELP WITH “FROZEN SHOULDER”

By Yiming Wang, O.M.D.

Frozen shoulder, or scapulohumeral periarthritits in medical terms, often occurs in women around the age fifty, thus its nickname “fifty years shoulder”. Clinically the problem manifests itself in pain and limited movements of the shoulder. Because the shoulder is hard to raise, like it is frozen, it is often referred to as “frozen shoulder”.

Main point of diagnosis

It often occurs in women around fifty years of age.

There is pain in the shoulder that may be a soreness, dull ache or sharp shooting pain.

In some cases the pain may be severe, with the upper arm and the elbow affected.

Also, in some cases the pain may be worse at night than daytime.

Both active and passive movements of the shoulder joint are limited, especially abduction, external rotation and elevation.

One or two particularly sensitive or tender points may indicate atrophy of the muscles surrounding those points.

Acupuncture is effective

Acupuncture treatment can increase blood circulation, stop the pain and fight the inflammation, thus helping you to pass the process of the disease.

Exercise will help

The patient is encouraged not to be afraid of pain but to do active functional exercises on the shoulder joints. Under the supervision of a doctor, the patient needs perform abduction, external rotation, extension and raising of the shoulder joint. The range of shoulder movements should be extended gradually. The exercises can be aided by pulling or climbing something so as to extend the joint’s range of movement. Exercise should not be given up because of the pain caused thereby.

Yiming Wang received her education in acupuncture and Chinese medicine at the Beijing University of Traditional Chinese Medicine in Beijing, China. She has authored seven books & over 30 articles on acupuncture and traditional Chinese medicine and has taught a seminar on Acupuncture at North Texas University, University of Texas on Dallas and Richland College in Dallas. As a licensed acupuncturist she has been practicing acupuncture in her private clinic since 1992.

*number and/or duration of treatments needed, as well as results, will vary depending upon diagnosis and specific individual factors.

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