Acpuncture Treatment for Shoulder Pain
(Froze Shoulder or Leaky Shoulder Wimd)

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Shoulder Pain (Froze Shoulder or Leaky shoulder wind) is a symptom, which may occur either on one side or on both sides of the shoulder Joints, It often happened with the age of 50 to 60 years old, Female more than male, it also called "Fifty Shoulder". The symptoms often show as one side or two sides of the shoulder joints soreness and heavy, stabbing /sharp pain with motion limitations. The pain could includes shoulder joint stiffness, dull pain, stabbing/Sharpe, burning and contracting pain, It could aggravated on rainy days, cold weather, by left things heavy; alleviated by warm weather, rest. If it goes without treatment, the shoulder would be fixed even lesser than 10◦ motion. The motion could be very restricted. The changes of shoulder joint could be diagnosed by medical exam, such as x-ray, MRI, cat-scan (CT).

Causation:

A. **Diseases in Western Medicine**

- Age of 50 – 60 years old
- No special inflammation of the tendon, sinews
- Degeneration of the tendons(sinews), and muscles
- Degeneration of the cartilage
- These inflammation caused Sticky together of the tendon, sinews, and muscles
- Fixed arthritis
- Injury of the soft tissues of the shoulder area, and joints
- Accumulation of tiredness caused poor blood circulation

B. TCM:

Basic conditioners:
- Age of 50 – 60 is easy causing age
- Deficiency of Ying & Defensive Qi
- Accumulation of tiredness
- Overstrain
- Disharmony of the tendon, sinews, and muscles

●Physic trauma / inappropriate surgery
● Bad sleeping position
+ External pathogenic factors:
●Invasion of the external pathogenic factors: Wind – Damp - Cold

Clinical Treatment:

Generally, patients respond to the acupuncture treatment very well for shoulder pain, both of acute injury caused shoulder pain or chronic shoulder pain. Many of them would feel better immediately after acupuncture treatment. Most of the patients could feel 80%-90% relieved from the pain, and gains significantly motion improvement too. If the patients take acupuncture treatment twice a week for three weeks, patients able gain significantly improvement from acupuncture treatment in few weeks. Those are most treatable shoulder pain:

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● Degeneration of the tendon, sinews, and muscles**
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● These inflammation caused Sticky together of the tendon, sinews, and muscles**
● Fixed arthritis***
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