



Chiropractic Is Effective For Shoulder Pain Treatment - Gresham Chiropractor

According to experts, about 2-5 percent of the population will experience painful conditions like frozen shoulder syndrome at some time in their lives. That makes shoulder pain a common occurrence and one that Dr. Ramsey sees in our Gresham, OR practice on a regular basis.



Research Proves Chiropractic Helps With Shoulder Pain

By and large, this condition is more prevalent for people in their 40s, 50s, and 60s, and it tends to affect women more often than men. While ice, heat, and gentle stretches can often times help relieve the pain, so too can chiropractic.

As an example, a study released in the Journal of Chiropractic Medicine looked at 50 people with [frozen shoulder](#) who were given chiropractic care. The duration of care ranged from 11 days to 51 days, with 28 days being the average.

The doctors found that almost all of the study participants fared extremely well with [chiropractic care](#). The authors found:

8 of the subjects reported 50-75 percent improvement

25 indicated improvement ranging from 75- 90 percent

1 participant had complete resolution of their frozen shoulder pain

Only one participant reported an improvement of 50 percent or less, so studies like this demonstrate just how effective chiropractic can be when it comes to decreasing shoulder pain and increasing quality of life.

We Can Help Clients Find Comfort From Shoulder Pain

Let Dr. Ramsey help you relieve your suffering by contacting our Gresham, OR office and scheduling your appointment today.

Resources

Murphy F et al. (2012, December). Chiropractic management of frozen shoulder syndrome using a novel technique: a retrospective case series of 50 patients. *Journal of Chiropractic Medicine*;11(4):267-272

