



## Try Chiropractic for Your Shoulder Pain

Chiropractic refers to the therapy based on which all kinds of muscle, nerve, and joint pains are resolved. [Manchester chiropractic clinic](#) is recognized worldwide with valuable experience over the years. It helps you to deal with all kinds of pains, aches, etc. The professionals are well and good to take care of your health and gift you the happiness.

Often times patients will come into our office complaining of shoulder pain. Usually people will wait until they have almost no range of motion to seek treatment. Their shoulder joint is literally frozen in place. Which is why this is referred to as frozen shoulder.

### **Here's what you can do to help with frozen shoulder:**

First off, if you have an injury with your rotator cuff, and you see a physical therapist or a [Sports Chiropractor Manchester](#), follow their recommendations! Any kind of physical therapy can flare up your body for a while, but this is because your muscles are weakened and not working as they should. If you experience discomfort speak with your PT or chiropractors and they will adjust your exercises accordingly.

Secondly, at **Sports Chiropractic Clinic Hale**, our treatment recommendations usually involve breaking up the adhesions between muscles with intense muscle work. It sometimes hurts, but after enough sessions it will free up the frozen joint and loosen up your muscles. In addition to our [Sports and Deep Tissue Massage, Altrincham](#) treatment we will also do shoulder adjustments to restore the normal motion.

Thirdly, almost all shoulder problems have some spinal involvement. If a patient has shoulder problems it is almost always associated with neck or upper back issues as well. While exercises for your shoulder will help, it is also important to have the proper spinal alignment as well. Regular chiropractic adjustments will help to restore the proper motion for your frozen shoulder and will also help to prevent future injury.

As always, for help with your shoulder (or any other issues), contact us to see how we can help!

