

# SHRUG OFF SHOULDER PAIN



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Brushing your hair. Hoisting your kid onto your hip. High fiving your best friend. All seemingly mundane, everyday things that you can take for granted—until [shoulder pain](#) makes them painful or even impossible.

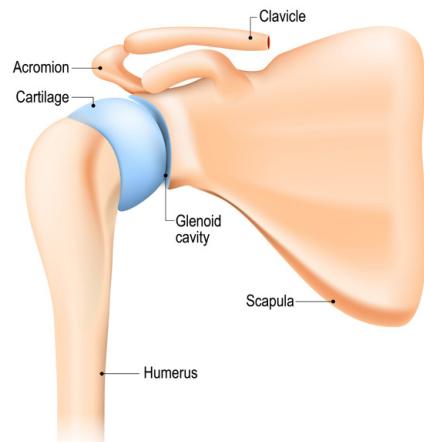
Shoulder pain raining on your parade? Let's look at some of the reasons you might experience it, and dive into how chiropractic can help reduce pain, restore mobility, and return you to the activities you love (even stronger than before!).

## SHOULDER STRUCTURE

Your shoulder is a complex network of bones, ligaments, muscles, and tendons that connect your arms to your torso. It's made up of three main parts: the bone in your upper arm (humerus), your shoulder blade (scapula), and your collarbone (clavicle). The top of your upper arm bone fits into a rounded socket in your shoulder blade. Different muscles and tendons keep that bone centered in the socket. These tissues are called the rotator cuff, and they give the shoulder a ton of freedom to move, stretch, and—you guessed it—rotate.

But this wide range of motion comes at the price of stability—making the shoulder more vulnerable to injury.

## SHOULDER JOINT



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## MAIN ARTICLE

[\(CONTINUED FROM PAGE 1\)](#)

### WHAT'S GOT YOU ACHING?

SOME OF THE MOST COMMON CAUSES OF SHOULDER PAIN INCLUDE:

- **Arthritis:** Arthritis is an inflammation of the joints and is usually caused by ongoing wear and tear.
- **Bursitis:** Bursas are small sacs filled with fluid that are found in joints. Excessive use of the shoulder can lead to inflammation of the bursa between the rotator cuff and your shoulder blade.
- **Dislocation:** This occurs when the head of the upper arm bone comes partially or fully out of the shoulder socket.
- **Fracture:** These are also known as broken bones. So, a shoulder fracture can refer to a break in the scapula, clavicle, or top of the humerus.
- **Tendinitis:** Tendons are cords that connect muscle to bone. When they get inflamed, you get tendinitis.
- **Tendon Tears:** Splits and tears along the tendon may come from sudden trauma or degenerative changes due to age and overuse. In some cases, complete tears can occur that separate the tendon's attachment to the bone.

### COULD YOUR NECK BE THE CULPRIT BEHIND YOUR SHOULDER PAIN?

Shoulder pain could come from the shoulder joint itself or could actually stem from the surrounding ligaments and tendons, such as the tissues in the neck and upper back.

The neck and shoulder are closely connected via nerve pathways, so when an injury occurs, the brain can't always reliably track the pain back to the actual source. This means that something could be wrong with your neck, but pain signals are being sent to your shoulder. Here are some ways to tell the difference.

**When the shoulder is most likely the cause, the pain:**

- Is stabbing, burning, or tingling, but could be achy
- Happens when you reach overhead or behind your back
- Occurs when lifting objects
- Is felt in the upper arm, but not past the elbow
- Improves with rest

**When the neck is the most likely cause, the pain:**

- Is stabbing, burning, or tingling
- Radiates past your elbow or into your hand
- Persists even when resting
- Radiates down your arm when you move your neck
- Is relieved when you support your neck



### SIT STRAIGHT, FOR YOUR SHOULDER'S SAKE

The muscles, ligaments, and tendons that make up the rotator cuff give stability to the shoulder joint. However, the larger muscles in your shoulders, back, and neck support these smaller muscles within the rotator cuff to ensure they function properly.

Due to our sedentary lifestyles and extended time looking down at our phones and computers, these muscles in the back are often weaker than the muscles in the front of our body. Poor posture weakens the muscles that support the rotator cuff, then the rotator cuff can't effectively do its job, causing pain and stiffness. Also, this poor posture throws off the balance of the muscles around our spine and can result in neck pain, which can radiate to the shoulders.

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## MAIN ARTICLE

**(CONTINUED FROM PAGE 2)**

### HOW CHIROPRACTIC CAN HELP

Your chiropractor will first examine your strength and range of motion. Can you reach up behind your head? Can you lift a backpack off the ground? They'll then ask you about your goals. Do you need to get back to a labor-intensive job? Do you need to hop back in the pool for swim practice? Or do you just need to reach the top shelf of your cabinet without pain? From there, they'll create a tailored treatment plan for maximum success.

#### Spinal Manipulation

Spinal manipulation consists of manually applying pressure or force to joints and tissues that have become inflamed or restricted. This process restores the spine's natural alignment, which may be contributing to discomfort or irregularity in your ligaments, muscles, and joints.

#### Extremity Manipulation

Your chiropractor can perform these adjustments on your shoulders, arms, elbow, wrists, and hands as well! This will restore joint mobility, reduce inflammation, and improve muscle function to keep your neck and shoulders loose and pain-free.

Other treatments can include stretching, strength training, electrical stimulation, and manual therapy, such as Active Release Technique (ART) or Instrument Assisted Soft Tissue Mobilization (IASTM). They'll also teach you ways to modify your everyday activities to reduce the likelihood of reinjury and provide home exercise programs to maintain your progress long after discharge from care.

If your shoulder is suffering, call your [nearest MCR Chiropractic office](#) to jump start your recovery today.



### Want to learn more about other conditions?

Visit our website for more information  
on other common conditions

Back Pain | Neck Pain | Headaches | Sports Injury | and more!

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## SEASONAL TIPS

### SEIZE THE DAY AND PREP FOR SPRING SPORTS

Old man winter is preparing to take a back seat to one of the best times of year- Spring! With it, we move from indoor fitness pursuits and sporting events to outdoor athletic fields and nature trails. With eager excitement to break free from the confines of winter, many of us just assume we can jump right in where we left off in the fall. Unfortunately, this is often the perfect recipe for pain and injury!

While all recreational activities present even the most minute risk of injury, the approach taken to prepare can help minimize those risks. Alas, many injuries can be prevented with proper preparation and a smarter gameplan for training.



### FIRST THINGS FIRST

We can begin to understand how to prevent injuries by recognizing why some injuries occur. By doing so, medical professionals such as chiropractors can help prescribe preventative care plans to mitigate what can be controlled. Many injuries occur as a result of overuse, muscle imbalance, poor mobility, and lack of preparation. As musculoskeletal experts, a chiropractors' scope of practice is much farther reaching than recovery following an injury.

With the right partner at your side, your chiropractor can play a huge role in identifying precursors to injury to help prevent them before they occur.



### THE SCIENCE OF MOVEMENT

As the body moves, stress is placed on muscles and tendons, which connect to joints by way of ligaments. As force builds, power is developed through muscles functioning at high speed, requiring balanced strength to meet the demands of the moving athlete. Whether running the bases, cruising down steep trails, or cutting to the net on the turf, the moving body is a complex structure that demands proper care to keep it functioning at its best.

While much about our body changes as we age, we nonetheless face similar challenges when attempting athletic movements and maneuvers we've practiced thousands of times in our lives. Maintaining efficiency of movements by leveraging the bodies strength and coordination drives home the importance of continued attention to be placed on preventing injuries.

### STAY AHEAD OF THE CURVE WITH PREVENTION

As chiropractors, we firmly believe that preventing injuries should be a priority for athletes, parents, and coaches. From weekend warriors to seasonal athletes, without proper preparation, participants are prone to developing injuries. Whether due to a lack of balanced muscle groups or inadequate recovery from underlying aches and pains, your chiropractor can help guide your journey.

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## SEASONAL TIPS

(CONTINUED FROM PAGE 4)

Areas of attention that can be addressed during prevention:

- Spinal misalignments
- Mobility restrictions and hypermobile concerns
- Muscular imbalances
- Overuse tendinitis or sport-specific overuse conditions

Preventative chiropractic care is beneficial for athletes prior to competition as well being integrated into their training regimen. This allows the athlete's body to be prepared through spinal manipulations, targeted exercises, mobility, and functional movements to help them avoid sport-specific injuries. In addition, focus can be on weaknesses that are more likely to develop as a result of an individual's own specific body predisposition. With a chiropractor performing a thorough evaluation, findings can aid the development of customized care plans that minimize the likelihood of injuries before they occur.



## RETURN TO SPORT AFTER INJURY

By nature, sport activities have inherent risks that can never be totally eliminated. When an injury or a sign of injury does occur, chiropractors remain your best partner. With a chiropractor as your partner, you have access to a skilled medical professional that is trained to assess injuries, evaluate the need for pain management techniques, and can design a recovery program specially tailored for each individual. Then, once recovery is sufficient, they will also help guide their patient toward safe return to activity whether for leisurely or competitive purposes.



## SPRING AHEAD OF INJURY WITH PREPARATION AND PREVENTION

With the help of your MCR Chiropractor, you can make the most of your favorite activity by preparing the body for the rigors of movement and competition. As specialists in sport and movement, who is better qualified to help you prepare for the activities you love most? From hitting the links, to pounding the pavement, if you are in motion, MCR is the perfect partner to help you achieve optimal health.



**TEAM UP WITH  
MCR CHIROPRACTIC  
TO KEEP MOVING THIS SPRING!**

**Download our  
Injury Prevention Guide  
for Runners!**

[DOWNLOAD INJURY  
PREVENTION GUIDE](#)

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## EXERCISES OF THE MONTH

### SHOULDER STRENGTH AND MOBILITY

Many activities require strong shoulders. From tennis and golf, to gardening and housework, shoulder stability should be a key component of your exercise routine. Try these great shoulder exercises at home!

*We recommend doing these exercises in a safe and comfortable setting. Check with your chiropractor if you have any questions or concerns when performing these exercises.*



### 90/90 - SHOULDER INTERNAL /EXTERNAL ROTATION

- Stand upright holding a resistance band anchored in a door slightly higher than shoulder-height
- Your arm should be straight out to your side with your shoulder and elbow both at 90-degree angles
- Maintaining good posture and shoulder blade control, rotate your arm upward from horizontal to vertical, keeping slight tension on the resistance band
- Your elbow should remain at a 90-degree angle and your upper arm shouldn't move up or down
- Repeat for 2 sets of 15 in each direction before switching arms to perform on the opposite side



### THREAD THE NEEDLE

- Position yourself on the floor on your hands and knees
- Reach one hand under and across your body, allowing your head and shoulders to follow
- Move your hand back across your body and reach up toward the sky, making sure your head and trunk follow the rotation
- Ensure your eyes are following the movement of your hand
- Repeat for 2 sets of 15 in each direction before switching arms to perform on the opposite side

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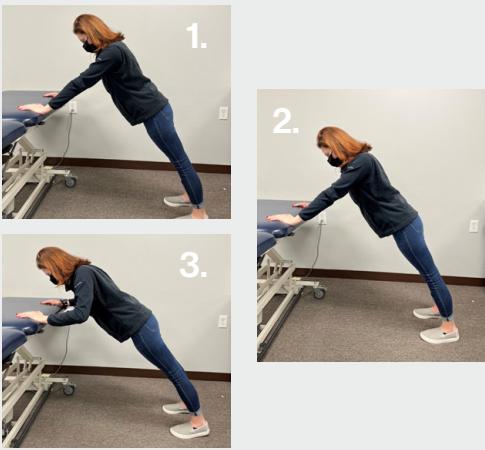
## EXERCISES OF THE MONTH

(CONTINUED FROM PAGE 6)



### SCAPULAR CLOCKS

- Stand up straight facing a wall with a resistance band around both hands
- Place the palms of your hands on the wall at about shoulder-height
- Hands should be shoulder-width apart with slight tension on the band
- Keep one hand in place throughout as you move the other hand up and out diagonally to a 1 o'clock position, pausing before returning to the starting position
- Repeat to all positions of 2, 3, 4 and 5 o'clock
- Reverse hand position and repeat movements with opposite side from 7 to 12 o'clock
- Your palms should remain on the wall throughout the movements with your abdominals engaged to protect your core
- Repeat the series for 2 sets



### SCAP PUSH UPS

- Leaning on a countertop or edge of a sturdy couch, position your body with your arms straight and your abdominals engaged
- As your arms remain straight, allow your shoulder blades to pinch together
- With shoulder blades pinched, bend at the elbows and slowly lower your body as you perform the lowering portion of a push up
- Once your elbows reach 90 degrees, return to the starting position by pushing through the heels of your hands to straighten your elbows
- Continue to engage the pinch between your shoulder blades during this motion
- Repeat for 2 sets of 15



### POSTERIOR CUFF STRETCH

- Lift one arm up and in front of your body with your elbow flexed at 90 degrees
- Place the opposite hand on the outside of your elbow and gently hug your arm across your body
- Hug to the point of a gentle stretch, but not to the point of pain
- Hold for 10 seconds and repeat 10 times
- Switch sides and perform on the opposite side of the body

If pain or injury keeps you from being as active as you would like, call any MCR Chiropractic location or [request an appointment](#) online today!

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## STAFF SPOTLIGHTS



### CUISLE KIERANS, DC CHIROPRACTOR OF MCR DORCHESTER

Dr. Cuisle Kierans grew up in Newbury, MA. She attended the University of Massachusetts Amherst (UMASS) for her Bachelor of Science Degree in Biology and Palmer Chiropractic College for her Doctor of Chiropractic Degree.

As a division 1 athlete at UMASS who ran track and cross country, she saw the progress her injured teammates made while undergoing chiropractic treatment. This was when her interest in the chiropractic field began, and it encouraged her to further explore the field. Dr. Kierans began to shadow chiropractors and realized this is the career she wanted to pursue.

In 2011, Dr. Kierans graduated from Palmer College of Chiropractic's Florida campus. Throughout her chiropractic training at Palmer, she gained valuable experience in the clinic abroad program traveling to Vietnam to provide care to the residents. Following her completion of the chiropractic program, Dr. Kierans received certifications in the [Webster Technique](#) and [Selective Functional Movement Assessment \(SFMA\)](#). She specializes in a combination of chiropractic techniques including Diversified, Activator, Flexion Distraction, and Thompson Drop Technique.

Dr. Kierans has a passion to help others remain active and pain free. Her approach of combining manual therapy, soft tissue techniques, and therapeutic exercise allows her to treat a variety of musculoskeletal conditions. Dr. Kierans is constantly striving to learn more to provide the best care possible to her patients to both reduce their pain and prevent it from coming back.

Dr. Kierans enjoys staying active by running and participating in exercise classes such as Pilates and spinning. In her free time, she likes to travel, play tennis, and explore new restaurants in the Boston area.

To schedule an appointment with Dr. Kierans in Dorchester, [click here!](#)



### TIMOTHY HINDS, DC CHIROPRACTOR OF MCR STOUGHTON

Dr. Timothy Hinds grew up in Bridgewater, MA and completed his undergraduate at the University of New Hampshire before graduating from Palmer College of Chiropractic's Florida campus. He was a biology major at UNH which gave him a diverse background in multiple aspects of healthcare knowledge.

Dr. Hinds always knew that he wanted a career in the healthcare field due to his interest in biomedical classes throughout both high school and college. Throughout his exploration of multiple fields in classes at university he decided that chiropractic was perfect for him. It not only focused on treating symptomatology, but also on optimum health and performance, which aligns with his philosophy.

Dr. Hinds always strives to provide the best possible treatment for his patients and genuinely cares about their improvement, both in terms of pain level as well as functional level. His care plans consist of a combination of adjustment utilization along with both muscle work and palliative care when needed. He aims to treat both the symptoms and pain that the patient experiences to make sure they start to feel better while also getting to the core of functional issues to make sure those symptoms are more likely not to return.

Dr. Hinds is continuously improving his adjusting skills, as well as his soft tissue and exercise demonstration skills. He has taken additional courses to improve his skills and knowledge in the use of Flexion Distraction, Instrument Assisted Soft Tissue Massage (IASTM), and Active Release Technique (ART).

He maintains an active lifestyle playing the sports he's loved since youth; basketball, baseball, and golf. He also is an avid skier and would love to help others be in tip top shape to dominate the slopes!

To schedule an appointment with Dr. Hinds in Stoughton, [click here!](#)

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## CORE VALUE AWARD WINNERS

The Core Value Award is awarded annually to three employees who represent the company and its core values both inside and outside of the workplace. This award recognizes individuals who are growth oriented; dedicated to service excellence and health and wellness; and exemplifies teamwork, compassion, and character. One award is given for each of the three categories: Clinical team member, Non-Clinical team member, and Corporate team member. Please join us in celebrating the Core Value award winners for 2021.

### CORPORATE AWARD WINNER



#### **Lauren Tarpey, Regional Office Manager North Region of Bay State Physical Therapy**

"I believe teamwork is the key to success, and a key role as Regional Office Manager is to encourage teamwork throughout our entire company. I also do a lot of training with our Patient Care Coordinators (PCCs), who are sometimes referred to as our front desk staff. Our PPCs are usually the first company representative most patients interact with. Ensuring that our PCCs understand the importance of their role in the overall patient journey is essential to a quality patient experience."



One of the great things about our team is that we all really like helping. Helping each other. Helping patients. Helping the referring providers. In the healthcare setting, we work together to ensure patients get the services they need. I'm honored to play a part in that personally and as an extension of the PCCs I help to train. The COVID-19 environment has really shined a light on the importance of supporting one another, and that's apparent when you enter one of our offices.

Our core values and our quality approach to patient care set us apart from the rest. I'm very proud of our company and my work, and I'm honored to have been recognized as a Core Value Award winner."

### NON-CLINICAL AWARD WINNER

#### **Shaira Ocasio, Patient Care Coordinator at Bay State Physical Therapy - Providence**



"I joined the team at [Bay State Physical Therapy, Providence](#) a little more than two years ago. As a PCC, we have a big job! From welcoming patients, answering questions about insurance, and chipping in around the clinic, the work never ends! Our patients have busy lives, and our office is very busy too, so I truly enjoy helping wherever I can. This also helps me learn more and more about physical therapy!"

Where do I begin to talk about our great team? I'm truly blessed to work alongside our physical therapists Katy and Eva. Honestly, we're more like a family than a team. We all have the same goal: to help patients get back to what they love. I relish my role as the "Clinic Mom," taking extra time to ensure patients know they're valued, and helping do things as simple as arranging transportation for them when needed.

I was shocked to learn that I was named as a Core Value Award winner. In our office, our mission is to make all patients feel like family. Our patients are priority, and we really try to go above and beyond just physical therapy. It's just what you should expect from any Bay State Physical Therapy clinic."

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## CORE VALUE AWARD WINNERS

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### CLINICAL AWARD WINNER

#### Jordan Beguerie, PT, DPT – Lead Physical Therapist at Bay State Physical Therapy - Weymouth



"I joined the Bay State Physical Therapy family almost six years ago. I started as a clinical student in 2015, and after graduating, I was hired as a physical therapist in 2016. I best contribute to the growth of the company by acting as a resource and mentor for our younger staff, and helping new graduates and students learn and grow. This ultimately helps the overall success of the company by focusing on improving the patient experience, raising the level of care, and promoting a supportive environment.

I love that I get to work directly with patients to help them reach their full potential. It's important to learn about their motivations and goals so we can help them recover and have fun along the way!

Our team in [Weymouth](#) is extremely supportive of one another. Everyone goes above and beyond to help each other out. I feel lucky to work with each of my co-workers. They're some of the kindest, most intelligent, and supportive people I know. We have so many amazing and hard-working people at our company, which makes this recognition an even greater honor."

### KEY NOMINATION STATEMENTS FROM CO-WORKERS ABOUT OUR CORE VALUE AWARD WINNERS

#### Key nomination comment about Lauren:

"Lauren has been a reliable lifeline for us over the past year and a half due to staff turnover and front desk understaffing. She exhibits service excellence through her professionalism, organization, and communication skills, and brings value to every team with a wealth of knowledge regarding the vast network of physical therapy insurance benefits."

#### Key nomination comment about Shaira:

"Shaira is often lovingly referred to as the 'Office Mom' because of how supportive she is of the entire team and all our patients. She constantly checks in to see how she can help. Shaira has a busy job, but she's never too busy to lend a hand. Her morals and character are unmatched, and she is an incredible advocate for our patients and company."

#### Key nomination comment about Jordan:

"Jordan has always been a team player, working tirelessly to help out with staffing absences, problem solve in the clinic, and be an ally to all her co-workers. She always has a positive attitude, even when stressful situations arise. Jordan's character is unmatched, and her positive attitude and kindness is infectious in our clinic. She adds so much to our clinic culture and is loved by both patients and co-workers."

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## CLINIC NEWS

### NEW PARTNERSHIP

#### MCR CHIROPRACTIC PARTNERS WITH CANCRO CHIROPRACTIC

MCR Chiropractic, a leading provider of Musculoskeletal Care in New England, is pleased to announce it has partnered with Cancro Chiropractic in Newton, MA.

Cancro Chiropractic has a 25+ year history of providing high quality chiropractic care to the Newton community. The team at Cancro Chiropractic are renowned for their patient-centric approach to care and their dedication to their patients' well-being. This partnership aligns MCR Chiropractic and Cancro Chiropractic and positions the organization for continued growth in New England.

To learn more about our new clinic, [click here](#).

### NEW PARTNERSHIP!



CANCRO CHIROPRACTIC

Now Part of



18 Station Avenue | Newton, MA 02461

P: 617-244-3330 | F: 617-244-3309 | [mcrchiro.com](http://mcrchiro.com)

### We'd Love to Hear from You!

**Have something you'd like to learn more about in an upcoming newsletter?**

Do you have chiropractic topic you'd like to learn more about? Email us at [contact@mcrchiro.com](mailto:contact@mcrchiro.com) to let us know what you'd like to see in our future newsletters.

Email Us!



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Somerset • Sterling • Stoughton • Taunton • Walpole •  
Westwood • West Roxbury • Weymouth • Wrentham

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