

# Frozen Shoulder

## **What is frozen shoulder?**

Frozen Shoulder Syndrome is an extremely painful condition. It can often start with a niggling ache followed by extreme pain. Over time the shoulder becomes severely restricted making normal everyday activities very difficult if not impossible. You might not be able to get your arm behind your back or even above your head. The effects of this condition can be overwhelming resulting in months of pain and misery. On average it can take up to 30 months for the shoulder to get better without treatment.

## **What causes it?**

Frozen shoulder generally affects people between 40 and 70 years of age. In Japan it is called the '50's shoulder' but it can happen to anyone at any age affecting both men and women.

There is no clear evidence what causes a frozen shoulder but it can often occur after an injury to the shoulder, an innocuous strain of a shoulder muscle, major shoulder surgery or sometimes after a mastectomy. Frozen shoulder can occur after a minor injury that gets worse or can come on suddenly. Immobility of the shoulder, ageing, round shoulder posture can bring it on, equally, demanding use of the shoulder in sports, trauma or conditions such as diabetes can cause frozen shoulder. Often there is no reason at all.

## **What treatment is available?**

Conventional treatment including steroid injection, anti-inflammatory drugs and surgery offer only limited help and in some cases can even make circumstances worse.

Currently the most effective treatment for the frozen shoulder is the NAT ® which is a drug free treatment that relies on activating the body's own healing abilities. The technique was devised by Simeon Niel-Asher and can be explained as a technique that reprograms the body/brain into healing itself by working specific group of muscles one against the other in a choreographed

sequence stimulating a specific neurological profile in the brain. He has called this process Cortico Neuro-Somatic Programming (CNSP) ®.

Initially the technique aims to significantly reduce pain by treating the chronic inflammation around various shoulders tendons. Following this it moves on to rapidly defrost and improve the range of motion of the shoulder joints stimulating a unique sequence of reflexes hidden within muscles. Each session reinforces the previous one and patients generally see a tangible improvement in symptoms with each treatment. The NAT ® can only be carried out by a registered practitioner who has been trained to use the technique. The major benefit of the NAT ® is that treatment can take months rather than years!

### **Who to see in New Ross?**

Registered Osteopath **William Lenihan** has recently moved to Wexford and consults at The Therapy Centre, (Next to Bolands).Waterford Rd. New Ross.

William is a registered practitioner of the NAT ® and finds the technique very effective in following his own philosophy of allowing the body to heal itself. William was very impressed at how quickly the technique worked on his first patient. After 8-10 treatments she was pain free and the range of motion in her shoulder was much improved. This experience has inspired him to dedicate some of his practice to specialising in the frozen shoulder technique. Not only does the technique work well for frozen shoulder, William uses elements of the technique within a range of other osteopathic treatments with excellent results.

To find out more about the *Frozen Shoulder* contact William 087 629 6069. To find out more about the NAT ® log into [www.frozenshoulder.com](http://www.frozenshoulder.com).

### **Clinical Trials**

The NAT ® was compared to standard physiotherapy and a placebo treatment in a randomised placebo clinical trial at Addenbrookes Hospital Cambridge. (1). NAT group demonstrated a significant improvement in increased range of motion, strength and power over regular physiotherapy and placebo.

### **References:**

- British Journal of Rheumatology Volume 42, Supplement 1, 2003, **Article 418** BHPR p.146.