



No-Cost Shoulder Pain Fix

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I think we are all familiar with the saying "use it or lose it." I always thought it referred to muscles, but in the last few years I have realized that "use it or lose it" refers to flexibility and mobility.

Movement enhances circulation and fluid exchange. I want to share a personal victory over a frozen shoulder that I struggled with for many years.

Over two years ago I couldn't lift my arm above my shoulder. I was getting manipulative care and had some relief but my range of motion was limited. About the same time my brother Jerold developed a similar problem. He discovered a video and a book by John M. Kirsch, an orthopedic surgeon who was trying



to help people overcome their pain and inflexibility.

Dr. Kirsch asserted that if you move the shoulder through the discomfort, you can regain your flexibility. Having had shoulder problems himself, he discovered that increasing mobility was the solution. He suggested people should hang on a bar like when we were kids to open up the shoulder joint. He also found using light weights and

exercising the shoulder in three directions would restore range of motion.

I must confess I was really skeptical. I wasn't in any pain but my range of motion was definitely limited. Jerold on the other hand was desperate and quite frankly in much more pain since he wasn't getting manipulative care. Jerold ordered a chin-up bar that can be attached to a door frame. You can see it here. And

a glove like mechanism that contains hooks that allow you to hang on the bar without hurting your hands called hauling hooks.

To my surprise both of us found complete relief. The book by Dr. Kirsch is called *Shoulder pain? The Solution and Prevention*. It's the result of 25 years of research and contains self help, prevention, treatment and instruction. Dr. Kirsch reports in his book, "in a 92 person study, each of the subjects were carefully followed, the majority of which had been suffering from shoulder pain for many years. Two subjects dropped out of the study for personal reasons but 90 returned to the normal activities of daily living (ADL). In fact, two of the subjects were scheduled to have shoulder replacement surgery and were able to cancel the surgery."

Dr. Kirsch himself was bowled over by two large dogs at age 74 and suffered a complete tear of his rotator cuff. The supraspinatus tendon was completely torn and the muscle contracted. Using his methods he was able to completely recover without surgery. And four years later he still has complete function of the shoulder.



With or without shoulder pain, the beauty of this technique is twofold. First, it feels great. Somehow just hanging opens up your upper body and just feels good. Second, according to Dr. Kirsch, it acts in a preventative manner to ensure

future mobilization. You can go to his website, kirschshoulder.com, to learn more about his work.

It's hard to argue with 100% success because after the two people that dropped out of the study 90 out of 90

people got better.

In addition, I know that if vitamin K2 levels are low and they are for almost everyone, calcium will accumulate in areas outside the bone, causing pain.

Another area that I would consider is feeding the chondrocytes that make connective tissue. And I would add, talk to your chiropractor or wellness clinician about shoulder therapies that are right for you. Ask about the work of Dr. Kirsch and discuss any concerns you have.

I'm a nutritionist, not a physical therapist, but the reality is this technique worked for me and my brother and we both continue to use it almost daily. My shoulder feels great now; and when I find something that works, I always enjoy sharing it with you.