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- + Therapeutic Massage
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01757871
06 3676465

Frozen Shoulder (Adhesive Capsulitis)

Frozen shoulder is a contracture of the shoulder joint capsule. Either spontaneously or following a minor injury, the capsule and ligaments of the shoulder joint contract causing pain and stiffness. The cause of this condition is not completely understood and the trigger for the onset is unknown. And the condition can occur following minor trauma or sometimes spontaneously. There are some associations with the disorder – patients with Diabetes and Dupuytren's Disease are more likely to develop frozen shoulder.

Symptoms

Classically there are 3 phases. The natural history is that all 3 phases of the condition take approximately 18 - 36 months to resolve. Most patients are left with little long term disability in terms of function.

Phase 1 – PAIN – Insidious onset with increasing severity over weeks to months. In this freezing phase the shoulder loses active and passive motion. This initial phase can be very painful. The pain is bad at night time and made worse by sudden shoulder movements.

Phase 2 – STIFFNESS – "frozen" phase, pain begins to decrease and leaves global stiffness – this phase usually develops after about 2-3 months. The key sign appears now that of inability to externally rotate the arm with the elbow at the side.

Phase 3 – THAWING – Return of motion to near normal. This can take 1-5 years.

The key point is that you realize the natural course of the condition and its length of time to recovery.

Diagnosis

The key distinguishing examination feature of Frozen Shoulder is the **loss of outward rotation of the shoulder with the arm / elbow at the side.**

This is due to **contracture of the shoulder capsule and in particular an area called the Rotator Interval.** This triangular area of the shoulder capsule is found at the front of your shoulder between the tendons surrounding your shoulder.

It is normally thin, loose and pliable. In frozen shoulder this interval region contracts and some of the cells can even develop features of muscle cells. **Contracture of the rotator interval locks the shoulder up and the classic motion loss is the loss of external rotation.**

X-rays are usually normal. Ultrasound scans reveal **no tendon tearing.** MRI scans will show **loss of volume inside the joint due to shoulder capsule shrinkage.** MRI is not indicated in classic frozen shoulder.

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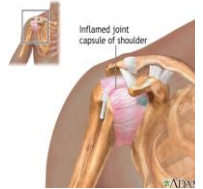
Treatment

Non – Operative

The majority of patients will respond to a non-operative regime. This involves

1. Administration of approximately 2-3 **steroid injections** into the joint and

2. A **stretching exercise program** to free the shoulder that is either done on your own or with physiotherapy supervision.



Operative

-The aim of surgery is to accelerate recovery and regain motion

-Surgery is 15 - 20 minute daystay keyhole procedure to release the contracted shoulder capsule.

-This operation involves a general anaesthetic and the placement of a local anaesthetic block in the neck to eliminate pain for 2-4 days while they perform intensive physio

-This modern surgical approach of releasing the capsular contractions is a significant advance on the old fashioned manipulation of the shoulder under anaesthetic that has been shown to cause collateral damage to internal structures in the shoulder joint.

Deep Tissue Massage Therapy is one of the common techniques used to treat frozen shoulder is deep-tissue massage. In this technique, the massage therapist applies constant pressure to the muscles in order to release the scar tissue or adhesions which may be causing the shoulder pain.

Trigger point therapy is another massage technique which benefits the frozen shoulder. In this technique, steady pressure is applied on certain targeted points within the muscles. This helps in relieving the muscle spasms. Please call me if you suspect a Frozen Shoulder.



Blueberry
Banana
Almond Kale
Smoothie



Kale is rich in iron and calcium to strengthen bones, while blueberries pack antioxidants and memory-boosting compounds. Chia adds inflammation-reducing omega-3 fatty acids to improve cholesterol and almonds are bursting with vitamin E to beautify your skin.

-Angela Liddon, founder of Oh She Glows

- 1/2 c almond milk
- 1/2 c kale leaves, stem removed
- 1/2 lg banana, peeled and frozen
- 1/4 c frozen blueberries
- 1/2 Tbsp raw almond butter
- 1/2 Tbsp chia seeds

Combine all ingredients in a high-speed blender, and blend on the highest speed until smooth.

NUTRITION (per serving): 200 cal, 6 g pro, 30 g carb, 6 g fiber, 15 g sugars, 8 g fat, 0.5 g sat fat, 85 mg sodium



HOT SMOOTHIE RECIPES



When NOT to Massage

As practicing massage therapists and educators we strongly believe that keeping boundaries around the limitations of massage therapy is important. Here is some basic information to consider before doing massage work on anyone.

WHEN IN DOUBT - DON'T!

If you are uncertain about anything regarding your health condition do not Massage. Discuss any concerns with your Massage Therapist.

Prescription Medications

If you are taking prescription medications please tell your Massage Therapist as there are some precautions to take. You need to know why you are taking the medication and the side effects.

Blood thinners

DO NOT use deep pressure at any time during the massage as bruising may occur. Always check with the doctor first. Light strokes applied in a direction toward the heart may be OK.

Acute inflammation

Inflammation is the body's initial response to any physical injury/trauma, intense heat, irritating chemicals as well as to invasion by viruses, fungi, bacteria and other potentially harmful microorganisms. The inflammatory response is considered part of the immune and sometimes autoimmune physiology. Massage is contraindicated during the acute phase because of the complex physiologic changes involved, including chemicals released into extracellular fluid, dilation of blood vessels, and increased permeability of capillaries, local oedema and associated pain.

Communicable diseases, infections - viral/bacteria, etc.

Many infectious/communicable diseases may be spread by either direct or indirect contact, putting you or your Massage Therapist at risk. Massage can also transfer germs from an infected site to an uncontaminated site. Individuals suffering from infectious/communicable disease are undergoing physiologic stress and should not receive massage during the acute phase of illness. There are other, non-massage approaches that may be appropriate to relieve stress such as Kinesiology, Ortho-Bionomy or Reiki. Ask me about these options.

Cancer, tumors and neoplastic disease

Find a professional Massage Therapist who has experience with Cancer. Some Doctors don't agree that Massage Therapy is not useful at this time however scientific advances in the diagnosis and treatment of cancer have significantly altered the prognosis and survival rates for many cancer patients. New research has demonstrated the positive impact of Massage Therapy in many phases of disease and recovery.

Thrombus or suspected blood clot

Be safe and avoid receiving Massage if you have a history of blood clots or on blood thinning medication to prevent clots.

Swedish massage techniques may dislodge blood clots, debris/plaque creating an embolus (free floating blood clot). Emboli that move through the circulatory system can cause significant problems if they become lodged in narrow vessels and impair the ability of the tissue to obtain oxygen. In the brain (Cerebral emboli) they may cause a stroke; in the lungs (pulmonary emboli) they may compromise lung function; in the heart (coronary emboli/thrombosis) may cause a fatal heart attack.

Unstable heart conditions -

These include congestive heart failure (CHF), coronary artery disease (CAD), myocardial infarction (MI/heart attack) and similar.

Due to the circulatory effects of Swedish Massage the increasing workload can be increased for even a healthy heart. If the heart muscle function is impaired by a pre-existing condition (such as a prior heart attack), the heart muscle may not be able to accommodate the additional stress leading to failure and/or other problems. Please discuss your health situation with your Doctor or your Massage Therapist.

Fresh burns, open cuts/abrasions, etc.

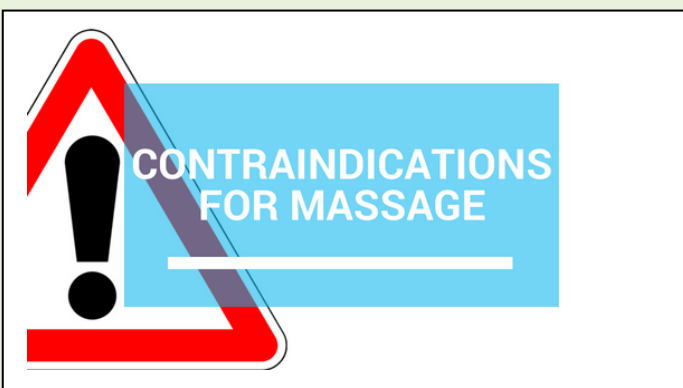
It is common sense to stay away from recent burns and open wounds. In acute stages (first 72 hours), inflammation exists as the healing process goes into full swing.

Fever or elevated body temperature

You should ALWAYS stay away from Massaging swollen lymph nodes. Fever and/or elevated body temperature, often associated with an immune response also impact heart rate and circulation, and increase metabolic demands. Massage is inappropriate and counterproductive in this instance.

Use of alcohol or psychogenic drugs, narcotic or other painkillers (illegal or prescription)

MUI (Massaging Under the Influence) or RUI (Receiving Under the Influence) can be an invitation for disaster since the ability to feel and report discomfort is impaired.

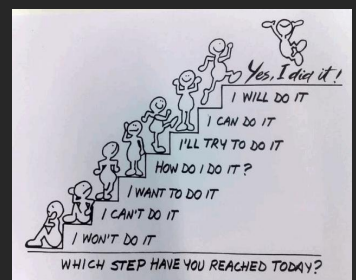


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is a new 'local'
Welcome!



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Friday Saturday 9-6pm

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