

Single Case: **Right Shoulder /Arm Pain and Numbness and Acute Low Back Pain**

Abstract: This 50+ yrs woman presented at my office requesting treatment for her right shoulder and low back. Using Integrative Manual Techniques (IMT) and therapeutic massage, her symptoms were resolved in 4 treatment sessions.

Keywords: Strain Counter Strain, Trigger Points, Mobility Templates.

Examination

History: This client had symptoms of pain and numbness of her right shoulder which she has been experiencing off and on for approximately 9 months. She also experiences acute bouts of low back pain. It should also be mentioned that this client has previously undergone surgery for a disc injury.

Static Posture: When asked to stand, the client presented with an antalgic posture leaning toward the side of pain. Her spine was side bent and rotated toward the side of pain. This sidebend and rotated posture was also seen at the shoulder girdle.

Range of Motion: Flexion and Extension of the lumbar spine was limited by half due to pain. Lumbosacral nutation was less than 10 degrees in either direction. The range of motion of her right shoulder was limited in all directions with flexion, abduction and horizontal abduction most limited.

Observations/Palpation: Pelvic imbalances were seen at all the major boney landmarks; ASIS, pubic symphysis, PSIS, and ischial tuberosities. Shoulder girdle imbalances were seen at the inferior angle of the scapula, acromion and coracoid process.

Treatment

This client received three 1-hour treatment sessions in which IMT and therapeutic massage were used to resolve her symptoms. Her pelvis was brought into greater alignment with mobility templates, tension patterns were removed from the bladder; sigmoid colon and descending colon with strain counter strain to resolve her acute low back pain. Massage therapy including trigger point therapy were used to address the tension patterns of the muscles of her back and shoulder to resolve the pain and numbness. IMT was also used to gain greater alignment of her cervical (neck) vertebrae.

Outcomes

This client reported no pain or numbness in her right shoulder and arm after the 4th treatment session having experienced these symptoms off and on for approximately 9 months. Only residual stiffness was reported in her low back region by the end of the 4th session. Improvements seen approached what the client calls “normal” for her.

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