

## Things you should keep in mind if you are experiencing shoulder pain!



Approximately 20% of the Canadian population will experience some type of shoulder pain in their life time. Shoulder pain can be one of the most difficult injuries to deal with simply due to the amount that we use and depend on our shoulders and our upper extremity as a whole.

There is a long list of causes for shoulder pain and diagnoses including: tendonitis, muscle strain, ligament sprain, tear, separation, and dislocation among other things.

Some important tips to keep in mind when you are experiencing shoulder pain:

1. Have a medical professional look at it as soon as possible. This is not just limited to a medical doctor. Physiotherapists and Chiropractors are capable of diagnosing and treating acute and chronic shoulder injuries. Diagnosis and fixing the problem as soon as possible is the most important thing.

### Company Information

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### Office Hours

Monday	8am-7pm
Tuesday	9am-5pm
Wednesday	9am-7pm
Thursday	9am-7pm
Friday	8am-5pm

2. Medical imaging. When you have your health practitioner look at the injury make sure they do some type of imaging (ie x-ray) if required to rule out any more serious injuries.

3. Keep your shoulder moving. As long as nothing is broken it is important to keep the should moving as much as can be tolerated. Although it may be painful the worst thing you can do is stop moving the joint!

The most important tip when dealing with shoulder pain is to have a medical professional look at it, don't just hope that it will go away on its own.



### **Congratulations to Latoya Smith, who is our June Patient of the Month!**

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Over the past year Latoya has been a loyal and committed patient. She has received Chiropractic, Massage Therapy and Laser Therapy at our clinic. Latoya has come so far with her injuries and is a model patient who is committed not only to treatment but to her overall health. She has

also referred her father in for treatment.

As a token of our appreciation Latoya will receive a \$25.00 gift certificate to the keg and a complimentary 1 hour massage.

Thank You Latoya for all of your hard work and dedication to your health!

