Have you been diagnosed with Frozen Shoulder or Adhesive Capsulitis?

# Muscle – the forgotten organ

“Muscle is an orphan organ. No medical specialty claims it. As a consequence, no medical specialty is concerned with promoting funded research into muscular causes of pain, and medical students and physical therapists rarely receive adequate primary training in how to recognize and treat myofascial trigger points.”

Dr. David G.Simonds, M.D.

Co-author: Travell and Simons’ Myofascial Pain and Dysfunction

The Trigger Point Manual

Do you have pain in the shoulder with movement and loss of range

of motion even without a diagnosis?

There are many muscles that coordinate the smooth movement of

your arm and shoulder joint. Do to various factors not limited to

injury, workplace, muscle and joint dysfunction, and even diabetes,

frozen shoulder is extremely common. It can be a complex problem

when the advice given to treat this syndrome is to seek physical therapy.

This can compound the problem, exacerbate pain and prolong the

shoulder from returning to normal. The reason for this is simple.

Muscles that have myofascial trigger points (a hyperirritable spot in

a tight band of muscle) in them will NOT strengthen. The muscles

involved must be treated and trigger points removed first and foremost.

My name is Heather Brittain and I am a Trigger Point Body Worker

located in Rothesay, NB. I specialize in treating women that are in

chronic pain; whether its frozen shoulder, hip pain, low back pain,

migraines, painful dysmenorrhea or other symptoms that are

disrupting your daily life. If you are interested in a consultation

visit my website [www.triggerpointbodywork.com](http://www.triggerpointbodywork.com) to learn more

about trigger point therapy and how it can help you get your life back.

I use a combined approach with each client to empower them to learn

how to self-treat at home in between sessions to help expedite the

healing process.