

Shoulder Pain Relief

Description

Shoulder Pain Relief

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Don't Let Shoulder Pain Stop You

Shoulder pain can be a major annoyance and have a severe impact on quality of life. Oftentimes these problems are brought on by injuries that lead to tears, dislocations, and other pains that then grow in size if left untreated and ultimately exposed to everyday life. People in Manhattan with shoulder pain may find that as time goes on these injuries will continue to disrupt their daily activities more and more, making it harder to do their job, play sports, or even something as simple as picking up their children. If shoulder pain persists, it is extremely important to address these problems immediately and it is advised to seek professional help from specialists like those at Move Well MD. This will allow for an accurate diagnosis, treatment options tailored to the individual, and the best chance for restoration of shoulder health and function. Move well md have the best [Pain Management Doctors in Nyc](#). Shoulder Pain Relief Nyc

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What TO Know Before You GO

How Does The Shoulder Joint Work?

Medical science calls the shoulder joint a synovial ball and socket mechanism. Simply put, a ball on the end of the arm bone, called the humerus, rests inside a cavity on the shoulder blade. The loose connection allows for fluid arm movement – that's what's behind that perfect tennis serve, for example. Around the ball is a capsule of tissue made of tendon that improves movement by reducing the friction between the two bony components of the joint. Combined with the connective tissue and bursa, the capsule gives the arm a 360-degree range of motion. Shoulder Pain Relief NYC Shoulder Pain Specialists NYC

What Causes Shoulder Pain?

Pain is the body's warning system that something isn't working right. The infrastructure of the shoulder joint is somewhat complex and anything that breaks down within it can cause pain. Dr. Gruen and the movement specialists at Move Well MD work together to translate that warning sign and figure out what it means based on the type pain and location of it.

Sometimes, it's not the actual joint causing the pain, either. Referred pain in the shoulder comes from another structure in the chest such as the heart or gallbladder. Generally speaking, pain coming

directly from injury to the joint tends to get worse with movement while referred pain persists whether you are moving or not.

Some common sources of true joint pain include:

- Bursitis
- Dislocated shoulder
- Frozen shoulder
- Osteoarthritis
- Sprain
- Strains
- Rheumatoid arthritis
- Rotator cuff tear
- Tendonitis

Any of these problems can cause inflammation and pain.

[What Is Frozen Shoulder?](#)

Frozen shoulder is a consequence of not moving the joint for a long period of time, for example, due to a stroke. This is why many stroke patients undergo rehab to treat or prevent frozen shoulder.

Frozen shoulder occurs in three stages:

- Freezing
- Frozen
- Thawing

The freezing stage is the onset, so there is the pain in the joint and limited range of motion. During the frozen stage, the pain decreases but the shoulder is still and the arm barely moves. Thawing starts during rehab as the range of motion increases.

Frozen shoulder is just one of a number of problems that respond well to physical therapy, stem cell therapy and other treatment options available at Move Well MD.

At Move Well MD in Manhattan located in the downtown financial district of lower Manhattan, NY, NY 10038, we use an integrated system of care to relieve pain, improve range of motion and help you to move well again! We are just a few short path train stops away from Hoboken, NJ and Jersey City, NJ.

Kathy Z????? [Read More](#)

Best care I have ever received from a medical provider. Everyone here really cares and is clearly very knowledgeable. I saw another provider before who did not take the time to actually make a diagnosis – received one here on my first visit. Doctor is experienced and works with your comfort level. Highly recommend!

Christine Y????? [Read More](#)

Now a regular patient of MoveWell, all the doctors and staff continue to provide exceptional and

professional services for me. They are personable, kind, patient and supporting of my ongoing pain. Thank you once again!

Bradley A????? [Read More](#)

Dr. Ben and the staff are the best I feel like Family every time i come to the office. My first visit to the office was almost 2 years ago because of a sever neck crank during sparring i couldn't look to my right for almost 2 weeks. So I tried Move Well for relief because it was in the area and thank goodness I did. After the first visit I already had almost full range and mobility of my neck.

Michael ????? [Read More](#)

I've been a regular patient at Move Well for over 6 years. Dr Ben has truly helped me stay in good physical shape well into my 40s. Any aches and pains are immediately alleviated as a result of my weekly visits. Ask about the acupuncture, it's been a great addition to my routine.

John K????? [Read More](#)

Dr. Ben and his staff are the best! Receptionist were very friendly and I did not wait at all for my appointment. The doctor spent alot of time with me and explained very well what he was going to do. That made me feel very comfortable. Highly recommend!

Raina C????? [Read More](#)

Move Well MD is a one stop shop for holistic chiropractic care. Dr. Ben is fantastic as well as all of the team members there. What's best about this office is that they offer multiple different pain remedies from adjustments, massage, acupuncture and injection therapy.

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ASK A Manhattan Shoulder Pain Relief Specialist

At Move Well MD, we understand the importance of feeling comfortable and confident with your shoulder pain relief specialist. That's why we urge our patients to take the time to ask any questions or voice any concerns before starting treatment. Our Manhattan shoulder pain relief specialist is highly trained and experienced in providing safe, effective treatments through the latest methods and technologies. We strive to ensure that our patients feel informed, comfortable, and empowered when it comes to their health care decisions.

Our Manhattan shoulder pain relief specialist are dedicated to delivering individualized treatments that are tailored to meet each person's unique needs. With our comprehensive approach we are confident you will receive the best possible care so you can return to living life without restrictions due to ongoing shoulder pain.

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