

Shoulder Pain: Naturopathic Assessment and Treatment with Hands, Herbs, Food and Needles

Sarah J Preston Hesler, ND
Sean X Hesler, ND

Financial disclosure

We have nothing to disclose!

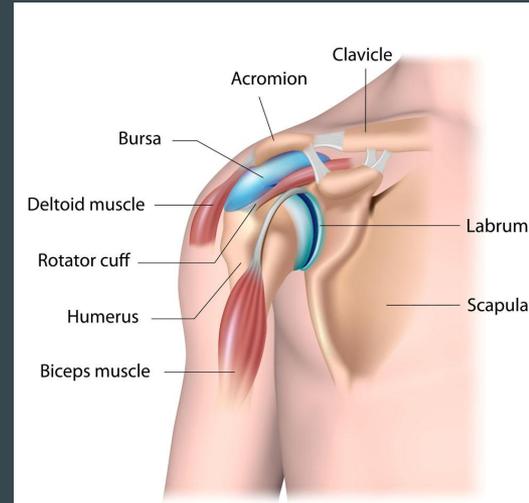
We operate Naturopaths Without Borders without pay

Who we are

- Dr. Sarah
 - Southwest College of Naturopathic Medicine '10
 - Licensed Naturopathic Physician in Arizona
 - Director of Operations, Naturopaths Without Borders
- Dr. Sean
 - Southwest College of Naturopathic Medicine '10
 - Licensed Naturopathic Physician in Arizona
 - Executive Director, Naturopaths Without Borders
- NWB
 - Arizona-based 501(c)3
 - Monthly care in Puerto Peñasco since 2006
 - Full-time health worker-based project in Haiti since 2010
 - All-volunteer free clinic collaboration with Phoenix Allies for Community Health and Peacework Medical since 2014
 - Support for physician in northern Thailand hill tribes since 2017
 - Brain exchange with Aarogya Seva India beginning 7/2019

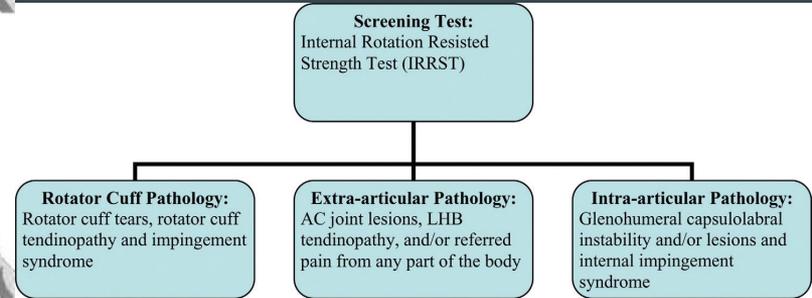
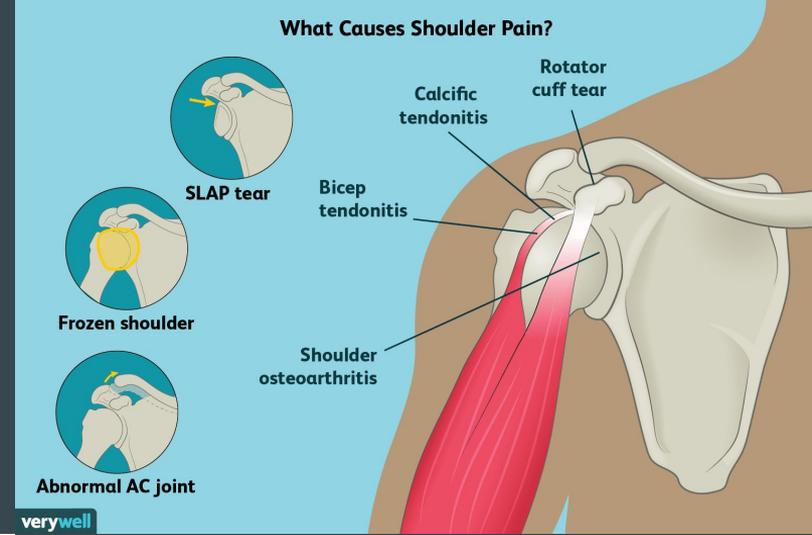
Mechanisms/angles

- Stress → physical tension. Emotions, hypoglycemia, sleep disturbance, etc.
- Structure: poor posture, repetitive motion → increased load on muscles/joints/ligaments
 - Consider impingement, tears, rotator cuff imbalance, compensation from hand/elbow/neck/back
- Muscle fatigue → tension → neuroinflammation → fire pain signals
 - Consider referred pain from neck, scalenes



Differentiating causes

- IRRST
 - Internal rotation dominance: Rotator cuff
 - External rotation dominance: Intra-articular
 - Neither: Extra-articular
- Palpation
- Mechanism of injury
- Pearl: ALWAYS rotator cuff



Herbs/nutrients - why would we use each of these?

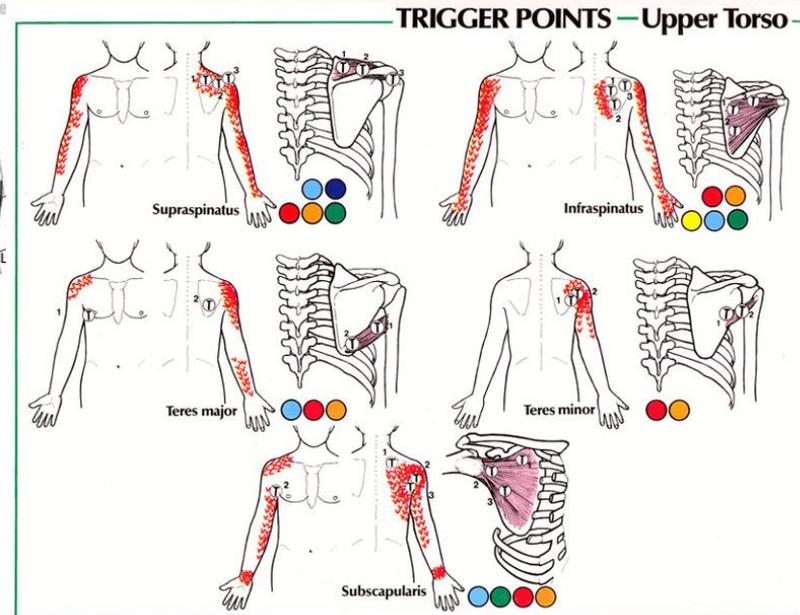
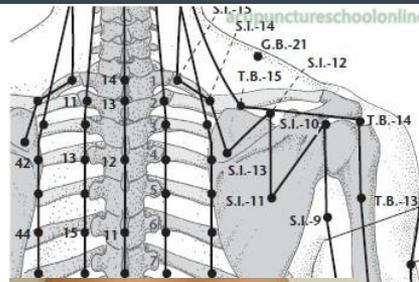
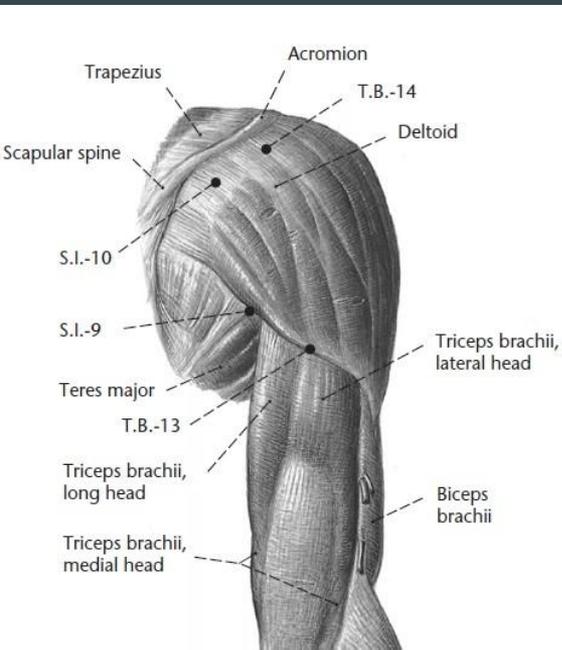
- Muscle
 - Magnesium - relax/energize tight/tired muscles
 - Creatine - prevent wasting, help build strength
 - Spasmolytic herbs - kava, passionflower, pedicularis
- Joint
 - Nuts and fruit - minerals and Vitamin C for repair, healthy fats for inflammation
 - Glucosamine/Chondroitin - help build connective tissue
 - Anti-inflammatories - curcumin, boswellia, ginger, proteolytic enzymes
 - Centella (gotu kola) - scarring from chronic injury
 - B12 - pearl for frozen shoulder. Methyl form best. Inexpensive!

High-Yield Homeopathics

- Arnica - post-trauma, sore/bruised feeling, feeling as if the bed is too hard
- Ruta - tendon/ligament injury, better first motion and heat, worse with cold
- Rhus Toxicodendron - worse first motion and cold, better continued motion and heat
- Calc Fluor - laxity of ligaments/tendons (ie cracking shoulder, instability)
- Apis - bursitis, worse heat
- Bryonia - frozen shoulder, worse with any motion and sensation of dryness

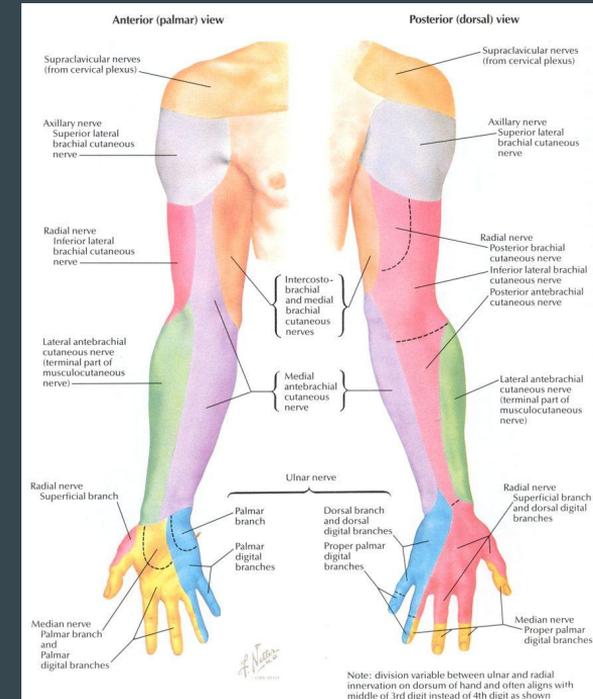
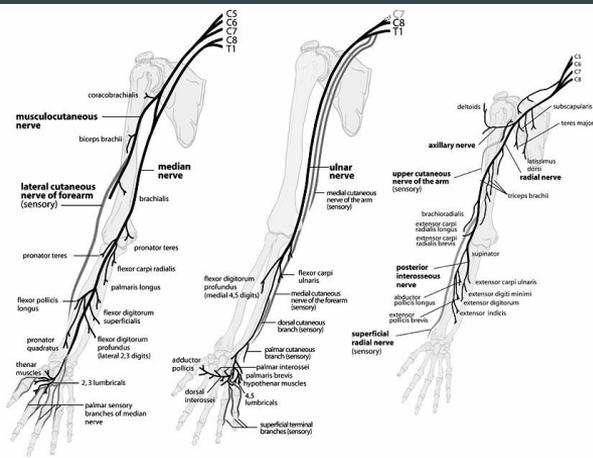
Acupuncture / Pressure points

- SI 9/10, LI 14/15, Jianqian (Extra23)
- Specific shoulder trigger points, trapezius



Injection therapy - Neuralprolotherapy (perineural)

- Subcutaneous injections of buffered 5-10% dextrose or mannitol along painful nerves
- Similar to trigger point injections but follow entire sensory cutaneous nerve, no anesthetic. Treatment cost <\$1.
- Feed constricted nerves fuel, stop firing pain
- More info and training: www.lyftogtmed.com
- PRP or prolotherapy if more degeneration



Home care education

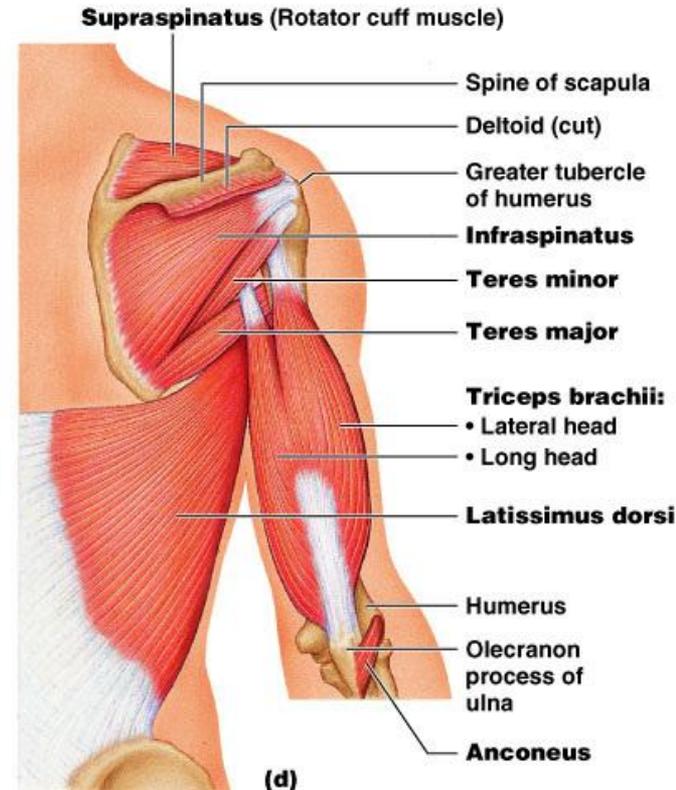
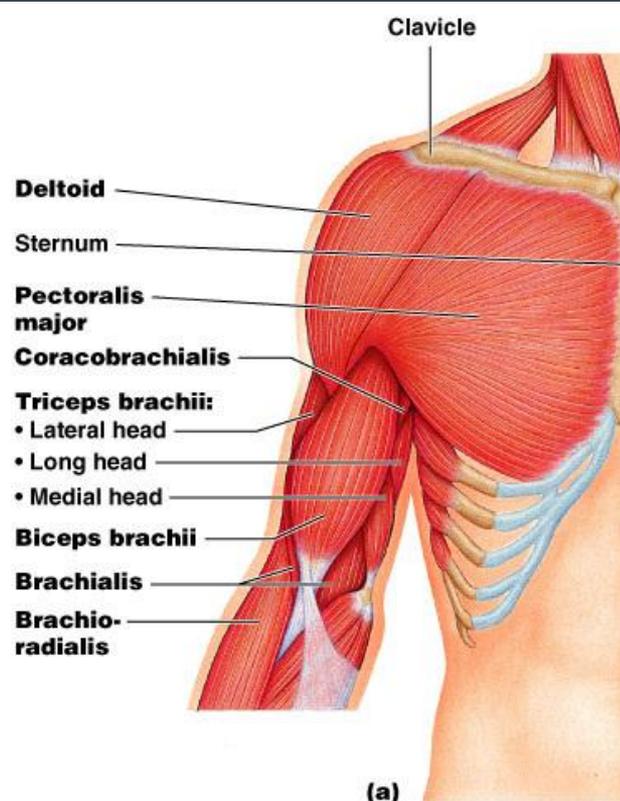
- Lacrosse ball massage
 - Lean against wall or lay on ball and roll around
 - Between scapulae, on scapulae
- Hydrotherapy: Flushing muscular/joint stagnation
 - Apply heat for 5 minutes
 - Do shoulder stretching, massage, adjustments, etc.
 - Finish with cold for 10 minutes (ice packs + thin cloth)
 - Alternating hot for 3 min, cold for 30 seconds, repeat 3 times
- Castor oil
 - Even better spiked with essential oils - lavender, frankincense, peppermint, eucalyptus
- Dextrose gel
 - Add 1 part dextrose powder (available on Amazon in bulk) to 3 parts of your favorite muscle cream, gel or moisturizer (water soluble)
- Rotator cuff exercises (after pain calms down)
 - Theraband or 1-2.5lb weights, water bottle
 - MOST patients need external rotation

Mental-emotional techniques

- Tension Myositis Syndrome
 - John Sarno, MD
 - Chronic pain is caused by oxygen deprivation and muscle tension due to repressed emotional or psychological stress
 - Treatment involves exposing the brain's "defense" of using pain to cover emotions
- Progressive muscle relaxation
- Belly breathing

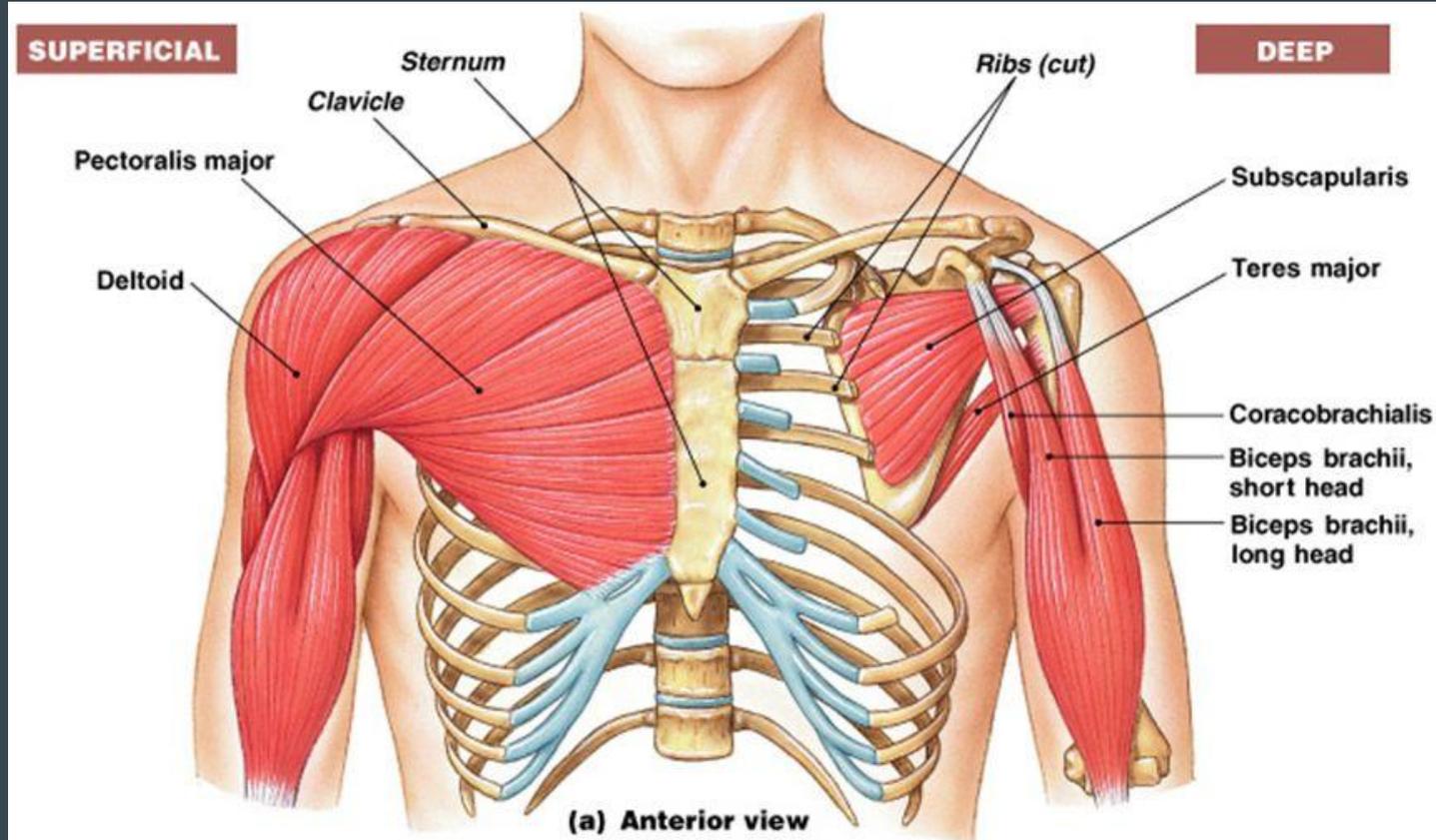
Hands - let's practice! Find a partner...

- External rotators
- Supraspinatus



Hands - let's practice! Find a partner...

- Subscapularis
- Flexors
- Traps



Thank you!

Web: www.nwb.ngo

IG/Twitter: @nwb_global

Sarah: drsarah@nwb.ngo

Sean: drsean@nwb.ngo