



Did You Know?

Did you know that AIM Primary Care doctors, as NDs, can also perform rehabilitation exercise and manipulations (similar to a Chiropractic Adjustments) under their scope of practice?

Did you know that acupuncture can help to ease pain in your body and joints?

Let AIM help you to be active and pain free this spring and summer!

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Shoulder Pain?

Lack of shoulder mobility can severely impact your day to day activity and happiness

By Dr. Liat Engel

Have you or someone that you care about been struggling to recover from a persistent shoulder pain or limitation of shoulder mobility that just doesn't seem to be resolving? This may be a case of "frozen shoulder" or also known as "adhesive capsulitis." This condition affects 2-5% of the general population and is most commonly seen in women over age 40 or women who are post-menopausal; however men may also be susceptible.

The reason we have chosen to shed some light on this topic through our newsletter is because it is a very frustrating and painful condition that often goes undiagnosed and can last for years before it spontaneously self-resolves.

This condition greatly impacts and reduces an individual's quality of life. The good news is that if recognized and treated early on, progression of Frozen Shoulder may very well be prevented through the application of the various alternative therapeutic modalities naturopathic and acupuncture medicines has

to offer.

In the development of Frozen Shoulder there are three stages that can span over the course of many months and continue to progress for several years.

Stage 1: PAINFUL Phase – any movement of your shoulder hurts and your range of motion is starting to become limited – Here a great deal of inflammation swells within and around the joint capsule. Some of these signs and symptoms are heat, swelling, soreness and pain. Often times the pain is worse at night, leading to disruption of sleep patterns.

Stage 2: FROZEN Phase – as your range of motion is limited even further, your shoulder feels very stiff although the pain may be reduced – At this point all of the remnant inflammatory elements adhere and harden to form a fibrous mesh network. This causes the capsule of connective tissue that encases the bones, ligaments and tendons of your shoulder joint to become thickened and tightened around the joint.

Stage 3: THAWING Phase – you notice a slow

improvement in the range of motion of your shoulder as the joint capsule adhesions break down – During this final stage the adhesions that were firmly bound begin to deteriorate and the body is able to slowly digest away the fibrosities around the joint, leading to a gradual return of your ability to fully move your shoulder again.

The ideal time for treatment to begin is during the PAINFUL Phase when further progression into the actual freezing of the joint capsule can be prevented. However, at any stage, proper therapy will assist in pain reduction, increase range of motion and ultimately speed up recovery from the condition.

Modalities that we offer here at Alpine Integrated Medicine that can be applied to treat frozen shoulder are acupuncture, physical rehabilitation, exercise guidance, ultrasound heat therapy, nutrient and IV-Drip therapy, homeopathy, craniosacral and trigger point injection therapy...

To see the entire article, please visit aim4healthblog.com/

Thank You Nichole and Kelly!

As you may have heard, AIM Acupuncturist Nichole Santoro is leaving at the end of March, to pursue her work in a location closer to her home, so that she can spend more time with family, and reduce her commute. Nichole has been a fantastic leader and care giver here at AIM from the start, and we are very sad to see her go, but at the same time, we wish her all the best in her new endeavors. Her last day seeing patients will be March 31st. Nichole is encouraging her current clients to continue their care at AIM with Debbie Yu, or one of our other incredible practitioners.

Nichole Writes:

"As spring quickly approaches, it brings with it a spirit of creativity, growth and change. Change is a law of life and change is good, though it can also be bittersweet. With both joy and heartache, I announce that I will be leaving AIM to hang my own shingle closer to home in the Bothell/Kenmore area. It has been a true pleasure to work with all of the doctors and staff here at Alpine as we have initiated a clinic that will no doubt continue to be a beacon of excellence in the health care industry. I am proud to have been a part of AIM's inception, but even more so, I am moved by the awesome patients that have come in our doors time and time again - it has been extremely rewarding to be a part of so many healing journeys. I am looking forward to serving my community in Bothell and hope to have some familiar faces visit me there."

Also, our front desk receptionist, Kelly, has taken a position that is much closer to her home, and whose last day here at AIM was March 5th. We wish Kelly all the best in her new marketing career!

Kelly Writes:

"It is with a heavy heart that I say goodbye to Alpine Integrated Medicine. Monday, March 9 will be last day as I start a new marketing position with a company closer to home. I have truly enjoyed the time I've spent at AIM and the special relationships I have formed with each and every one of you. I assure you that the smiles and pleasantries did not go unappreciated! Please be patient with the front desk as they transition with the new staff. It's been a pleasure."

Please join us in wishing both of these ladies well on their new endeavors!

Unfreezing the Frozen Shoulder with Rehab and Trigger points

By Dr. Mohammad Shegeft

Though exercise and stretching continues to be the primary rehab treatment employed for adhesive capsulitis, or commonly known as the "frozen shoulder", best results are only achieved if the involved muscles have been checked and treated for trigger points. Muscles that have trigger points are not able to relax properly and as a result will not strengthen with exercise. These trigger points will always cause the involved muscles to be weak and easily fatigued, hindering a proper exercise regimen.

In the case of a frozen shoulder, most people have trigger points in the muscle of the shoulder known as the SITS muscles.

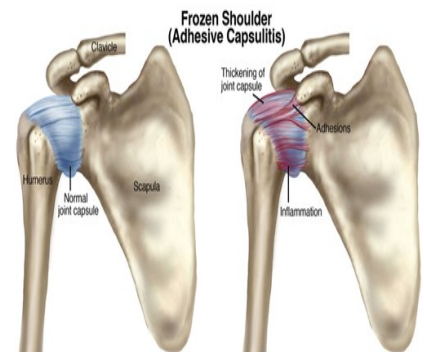
Of course a trigger point injection is one of many different techniques that can help with frozen shoulder. It has been my experience that quickest and most lasting recovery is achieved when some or all of these techniques are used in conjunction with one another.

Some of other techniques that will help recovery time and lasting results are:

- * Physiotherapy and home exercises to mobilize joint and soft tissue after or in conjunction with trigger point injections.

- * Ultra sound therapy to reduce inflammation within the shoulder joint.
- * Kinesio taping to provide stability to the shoulder, minimize pain, reduce inflammation and to provide continuous neuromuscular re-education.
- * Acupuncture to help relieve pain and discomfort.
- * Supplements and at time medication to reduce pain and inflammation within the body.

Ultimately, the key to dealing with your shoulder pain is in the combination of rehabilitation exercise, proper nutrition and supplementation, and the removal of barriers that impede recovery, such as trigger points.



For more information on frozen shoulder, or to inquire about fixing your body's aches and pains, call us now to set up a consult. We will treat the root cause of your pain, and not just mask it with pain killers. AIM for Health!