

REMARKABLE IMPROVEMENT

Recently a 53 year old lady was presented to me with a frozen shoulder. Pat previously had two staples inserted into her right supraspinatus muscle to correct a full cross section tear. One day she went shopping and drove into the car park and reached out to get a ticket for parking. Instantly, she was gripped by intense pain.

An ultrasound confirmed the tear at the muscle tendon junction and the operation was booked. According to the surgeon, this lady's muscle, from years of lifting as a nurse, had been slowly and surely tearing, the incident in the car park was just completing the process.

After the operation, the surgeon told Pat that it would take twelve months to correct and that she would not have the same use of her arm again. She was referred to a physiotherapist who gave her exercises and treatment. Pat went to the physio for the required time and then was on her own. After two weeks she came to see me.

On presentation she had movement on her right arm stopping at 90 degrees both sideways and anteriorly and at 20 degrees posteriorly. The X-rays showed 2 staples on the lateral end of the supraspinatus muscle - away from where the movements for the frozen shoulder are performed.

I then did the following routine:

Visit 1: Lower back, mid back, upper back, neck, frozen shoulder. Reported base of neck and shoulder "looser".

Visit 2: (Seven days later) Upper back, neck, hayfever, TMJ, frozen shoulder, arm. Arm able to be raised a further 20 degrees to side and 45 degrees in the front.

Visit 3: (Twenty-eight days later) Had a cold and still a bit congested. Complained of right knee pain on squatting. Lower back, upper back, neck, knees, hayfever, TMJ, frozen shoulder (including extra moves - north, south, east and west).

Visit 4: (Seven days later) Shoulder same level of movement as last visit. Knee improved. Lower back, upper back, neck, frozen shoulder (including extra moves - north, south, east and west), knee.

Visit 5: (Twenty-eight days later) Now capable of undoing bra. Able to do household chores. Movement a further 10 degrees in front.

Lower back, upper back, neck, frozen shoulder (including extra moves - north, south east and west), mid back, knees.

It seemed now that the improvement of the arm movement had reached a plateau. I wondered how else I could produce a response within her shoulder. I remembered something that Ossie had once said: He had pointed out to Tom Bowen that there were areas on the body that there are no moves for, and asked Tom what would happen if a person presents with a problem in that area. Tom's response was "you will know what to do at the time."

I thought perhaps that this was one of those times. I thought rotator cuff muscles - supraspinatus, infraspinatus, teres minor and major and subscapularis - the sits muscles. These are the main muscles that keep the head of the humerus in its position and they could also restrict movement of the upper arm.

I decided on Pat's next visit I would do a Bowen over her lateral tendon end of these muscles except for supraspinatus where I would do a movement over the medial end because of the staples in the lateral end.

On the next visit, (week 12), I did lower back, upper back, neck, frozen shoulder, arm plus moves over the SITS muscles of both arms doing the good side (left) first.

Four days later Pat rings me very excited; she wants to come and show me what she can do with her arm. What an improvement! Pat stood in front of me and raised both arms in front of her - both arms went up to 70 degrees above horizontal. Pat was over the moon with excitement! Even though both arms move at the same angle due to adhesions and shortening of the supraspinatus muscle due to the staples. At her visit earlier this month (week 16), I repeated the above moves. There has been further improvement, Pat is now able to raise her arm in front of her to within 5 degrees of vertical, 70 degrees above horizontal to the side. When I last spoke to her, she was looking forward to showing the surgeon just how much she could move her arm. We both hope he is impressed - 12 months of treatment reduced to 4 months with Bowen and the range of movement is more than Pat had been lead to expect.

Pat has since been back to the surgeon and his comments where "remarkable, a remarkable improvement"!!!!

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