



### Shoulder Impingement Case Study

**Subject:** Edward is a 54 year old male. He has suffered with a right shoulder impingement for five months.

**Background:** Edward says his shoulder pain didn't have any specific trigger and began insidiously over the last five months. Edward says that his pain has made it difficult to enjoy his recreational league basketball league and it has started to affect his treatment as a chiropractor. He explained how his shoulder pain has been a mystery to himself as well as the other health professionals he has inquired of. Edward has been able to experience temporary relief but the shoulder symptoms always seem to come back within 72 hours. The lack of results with rest and conservative care led Edward to reach out to our clinic after a friend's recommendation.

**Baseline:** By the time that Edward came to Ottawa Performance Care, he was very frustrated and was becoming concerned that his shoulder symptoms may be progressing into frozen shoulder.

On the first day of treatment at Ottawa Performance Care, Edward presented with:

- Decreased muscular tone and reaction time correlated with the left hemisphere
- Cerebellar deficit correlated with the right hemisphere
- Reduction in all ranges of motion with severe pain and radiation to the wrist during abduction
- Postural analysis demonstrated a left torsional distortion
- Gait analysis demonstrated amelioration of the aforementioned postural distortion

**Protocol:** In March of 2018, Edward received a balance and muscular performance assessment which included cortical/cerebellar balancing, muscular activation in conjunction with appropriate sequencing of firing.

**Outcomes:** After 1 week of treatment, Edward demonstrated:

- Symmetrical muscular tone and reaction time
- Symmetrical cerebellar integration
- Bilateral symmetrical engagement of the upper extremity
- Symptoms have been ameliorated entirely and range of motion restored
- Postural analysis is symmetrical
- Gait analysis remains normal

\*\*Edward has been discharged at this time, however he has been instructed to monitor his symptoms closely and report any recurrence of symptoms over the next week while engaging in full physical activity and work.

At first I was skeptical of Ottawa Performance Care but once the consultation was complete and the evaluation started I had a great deal of confidence and respect for Dr. Redfern's methods and knowledge base. The treatment I experienced at OPC was exceptional and I felt like I was a part of my treatment. My brief time at OPC actually gave me a lot of ideas of potential improvement I plan to bring up at the next board meeting. I cannot put to words how grateful I am to have found a resource as effective as OPC. At the very least OPC will be a frequent referral for non responsive conditions in our office.

- Edward ----- Buffalo, NY