

Treating Frozen Shoulder with the Use of Bioresonance

Description

Introduction

The shoulder joint, also known as the most mobile joint in the human body, creates the movements of flexion, extension, abduction, adduction, internal and external rotation as well as 360° circumductions. In addition, thanks to the shoulder joint movements such as scapular elevation, depression, protraction, and retraction are possible as well. Because of these many possible movements in the shoulder joint, this joint is quite unstable – a negative side that is compensated by the presence of the rotator cuff muscles, ligaments, and tendons. The shoulder joint is formed of the head of the humerus which as a ball fits into the shoulder blade.

Despite the presence of the many tendons, ligaments and the rotator cuff muscles, the shoulder joint is still pretty unstable and sustainable to injuries. The most common condition which affects the shoulder joint is frozen shoulder, osteoarthritis, rheumatoid arthritis, gout, shoulder impingement, shoulder dislocation, shoulder tendinitis and shoulder bursitis, among other common conditions. In today's article, we will focus on frozen shoulder and most importantly, how the use of bioresonance can help this condition.

What is frozen shoulder?

Frozen shoulder, also known as adhesive capsulitis, is the term that is being used to describe a condition which characterizes itself with joint inflammation, as a result of what stiffness and pain develop in the shoulder joint. The symptoms develop gradually and get worse and worse over time. The whole process usually takes around 3 years to fully develop. Frozen shoulder affects the shoulder capsule that surrounds all the joint parts and helps stabilize and holds everything in place. The capsule becomes tight, disabling the shoulder joint to move naturally. In addition, less synovial fluid is being produced, as a result of what the joint is less lubricated and pain develops whenever there is a movement in the joint.

The symptoms of frozen shoulder

The two main symptoms of frozen shoulder are stiffness and pain. There are three stages, with each stage causing worse symptoms than the previous one. The first stage – the freezing stage, causes pain to develop which can last around 6 to 8 months. Usually, the pain is worse during the night. Movement limitation can be felt. In the frozen stage, the pain might feel the same as before, however, the stiffness becomes worse, so there is quite a noticeable movement limitation. This stage can last from 4 to 12 months. The last stage is called the thawing stage in which the stiffness and pain reduction, lasting from 6 to 12 months.

What causes frozen shoulder?

The causes of frozen shoulder are yet to be determined fully. However, there are a few known risk

factors that you should know about.

- Diabetes – research [suggests](#) that patients with diabetes tend to suffer from frozen shoulder more commonly than others.
- Immobilization – a long period of immobilization due to a surgery after an injury, fracture etc.
- Certain diseases – Parkinson’s disease, hypo- and hyperthyroidism

Conventional treatment of frozen shoulder

The [treatment](#) plan for frozen shoulder usually involves the use of medications – over-the-counter painkillers and anti-inflammatory drugs, and the use of physical therapy. The aim is to reduce the pain and stiffness and improve the range of motion of the joint. Full recovery is expected after around 3 years. In severe cases, surgery can be performed as well to remove the scar tissue and adhesions from within the shoulder joint. In addition, the doctor can recommend the use of steroid injections and joint distention.

The use of Bioresonance therapy in the treatment of frozen shoulder

Bioresonance therapy is a recently developed therapy method that is described as safe, non-invasive and painless. Bioresonance therapy involves placing applicators on your skin for both diagnostic and curative purposes. The applicators are connected to a machine which measures and analyzes the energy wavelengths of your body and detects any possible bad frequencies which are later restored to achieve optimum balance. Until now Bioresonance has been found effective when used against issues such as [nicotine addiction](#), chronic fatigue, [gastrointestinal problems](#) etc. Bioresonance has been found effective when used to detoxify the human body. Researchers [suggest](#) that the principles of Bioresonance therapy can be applied in the case of frozen shoulder and joint pain as well. By detecting any energy imbalances present in the shoulder joint area, the Bioresonance therapy is supposed to help restore this balance once again and with that improve the pain and stiffness that the patients with frozen shoulder are dealing with. Although further research must be done on this subject, we must say that the Bioresonance therapy offers quite positive effects that need to be taken into consideration as an alternative treatment option.

Conclusion

Frozen shoulder causes great pain and stiffness in the shoulder joint that can take around 3 years for a full recovery to be made. That is quite the long period for a patient to deal with pain, stiffness and reduced range of motion in the shoulder joint. Luckily, Bioresonance therapy offers a way out by restoring the energy balance within the body that possible is the reason why you are dealing with the frozen shoulder in the first place. This non-invasive, pain-free therapy option can very easily be the treatment plan that you have been looking for.

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