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A PAIN IN THE AX



A Pain In The Axx:

Situation

A body builder comes to me complaining that despite intensive exercise his right shoulder is weaker and less developed than his left. He is unable to lift his right arm above shoulder height without severe pain. This situation has persisted for over 7 months.

Method of relief

After consultation including posture analysis, testing his range of movement and medical history I advised him to immediately stop his training for 2 weeks, fortunately he was going on holiday for a week anyway. As is the case with athletes he asked if he could use the hotel gym, I advised that he concentrate on his lower body only. Over a period of 5 sessions I gave [sports massage](#) to shoulder, deltoid, triceps and upper pectoral muscle fibres.

My client's range of movement in his shoulder was increased by apply PNF stretching techniques, which briefly, is applying resistance to the client's lengthened muscle for 6 seconds, as the client attempts to move the muscle where the resistance has been applied, the client relaxes, then I move the muscle to its new length. As usual I finished each session by demonstrating and taking the client through stretching exercises.

Results

My client's muscle definition across his shoulders is being rebalanced; the medium term aim will be to be strengthen his upper pectoral muscle fibres, have pain free movement of the arm above his head (increased range of movement); long term he will be able to lift weights that he was lifting 7 months earlier.

Contact Us

This case is specific to a client, however if you suffer similar symptoms why not call or email for more information; constant pain is not a necessary evil when pushing the body to its upper limits.

Warm regards,

Clive Sinclair

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