



**Vibrant Health**  
SOLUTIONS



*Move better.  
Feel better.  
Live better.*

*The Newsletter About  
Caring for Your Health*



# *WHAT'S CAUSING YOUR SHOULDER PAIN*

**Find Relief With Vibrant  
Health Solutions**

**785.367.3395**

## Find Shoulder Pain Relief With Vibrant Health Solutions

**Have you noticed that it's more difficult than usual for you to reach overhead or comb your hair? Do you keep waking up at night due to shoulder pain? When you have an impaired shoulder, even the simplest tasks seem overwhelming. Fortunately, our new medical clinic is here to help!**

Your shoulder is one of the most complex joints in your body, which means a lot can go wrong with it. You might injure your shoulder with a single, sudden traumatic injury (such as a fall). More likely, however, you've injured it due to several small injuries that add up over time.

At Vibrant Health Solutions, our multidisciplinary healthcare team will work with you to not only address your shoulder pain acutely but to help you resolve the underlying impairments that caused it in the first place. Through a blend of exercise, therapeutic injections, and more, we'll start you on a lasting pain relief journey.

### UNDERSTANDING THE ANATOMY OF THE SHOULDER

Your shoulder is a complicated ball-and-socket joint with a lot of moving parts. Understanding what makes up your shoulder can help you better understand how and why it can hurt.

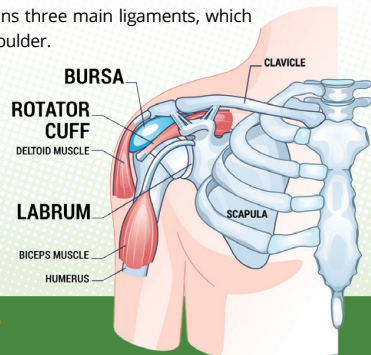
Three different bones come together to form the shoulder joint: **the arm bone (humerus), shoulder blade (scapula), and collarbone (clavicle)**. Each of these bones is protected by cartilage tissue, which prevents them from rubbing against each other every time you move your arm.

But the shoulder joint is more than just bone and cartilage. It's wrapped by your **rotator cuff**, a set of muscles and tendons that provide strength, stability, and support to your shoulder, helping you with various arm movements. **Bursae**, small sacs located in the joint, protect your tendons.

Finally, your shoulder joint contains three main ligaments, which connect the three bones of your shoulder.

Pain in your shoulder can originate from any part of its anatomy. You might tear one of the muscles in your rotator cuff, for example, or overstretch one of your shoulder's ligaments. The bursae can become inflamed. You can dislocate the joint itself.

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Regardless of the cause, our team of experts can help you figure out what's gone wrong with your shoulder—and provide several solutions to address it.

### OUR MULTIDISCIPLINARY APPROACH TO ADDRESSING SHOULDER PAIN

Several healthcare experts come together at Vibrant Health Solutions to provide you with the comprehensive care you need. When you visit our clinic with shoulder pain, here's what we'll do to help:

- **Identify the problem:** We'll conduct an in-depth assessment to help pinpoint the source of your shoulder pain. From there, we'll develop a customized treatment approach.
- **Offer acute pain relief:** Next, we'll help you manage your pain so you can begin more in-depth treatment. We might utilize therapeutic massage to gently work on your shoulder's soft tissue restrictions and tension or guide it through its current range of motion.

In some cases, we might also suggest trigger point therapy. Trigger points are small, tender nodules that form in the muscle and connective tissue, causing pain and restriction. We can manually release those trigger points or inject them with a saline based fluid to help dissolve the trigger point and decrease the pain.

- **Facilitate healing:** Because shoulder pain often stems from an underlying injury, we'll use techniques that help facilitate healing. Injecting platelet-enriched plasma into the joint uses your body's platelets to encourage the repair of the affected tissue. Class 4 laser therapy uses a high-powered laser to quicken the healing process.
- **Improve Mobility and Build Strength:** We can also use physical therapy and/or chiropractic techniques to identify and correct biomechanical issues contributing to your injury. We'll also provide you with a customized exercise program that will improve mobility and restore strength in your shoulder, helping to prevent a future injury.

#### GET STARTED WITH TREATMENT TODAY!

Struggling with shoulder pain? Call Vibrant Health Solutions to learn more about our approaches to addressing shoulder pain and find out which ones are right for you!



Vibrant Health  
SOLUTIONS

  
TherapyWorks



## Enriched Plasma Injections

Enriched plasma injections are gaining popularity for a variety of conditions. The treatment uses a patient's own blood cells to accelerate healing in a specific area.

Enriched plasma injections may be able to treat a range of musculoskeletal injuries and conditions. For example, chronic tendon injuries such as tennis elbow or jumper's knee can often take a long time to heal, so adding enriched plasma to a treatment regimen can help to stimulate the healing process, decrease pain and enable a return to activities sooner.

If you are in pain contact us today. With the team of experts available at Vibrant Health Solutions we can develop a comprehensive plan to get you out of pain and back to doing what you enjoy.

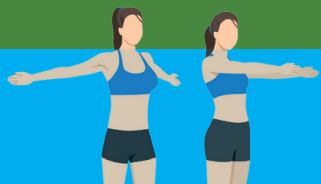
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## EXERCISE ESSENTIALS

*Try this exercise to help strengthen your shoulders.*

### POOL HORIZONTAL ABDUCTION/ADDUCTION

Start by standing up straight in a pool with the water at shoulder height. Raise your arms straight out in front of you so they are at shoulder height and still submerged. With your palms facing inward and your hands open, slowly spread your arms apart all the way until they are pointing straight out to your sides. Then, drive your arms straight back in together. Make sure to keep your arms straight throughout the movement.



Start Feeling Better Today! Call us at **785.367.3395** or visit us at [www.therapyworkskansas.com](http://www.therapyworkskansas.com)



# Meet our New Chiropractor Tyler Bohlke, DC

Tyler Bohlke, DC, completed his Doctorate of Chiropractic at Cleveland University of Kansas City in 2020 and a Bachelor of Arts in All-Science Education at the University of Northern Iowa in 2014. Tyler has worked as a chiropractor in the Kansas City area since 2020. Before his chiropractic career, Tyler worked as a high school science teacher and coached football. He enjoys CrossFit, hiking, hunting, and fishing. Tyler's focus is to encourage and inspire patients to reach their wellness and lifestyle goals. He also aims to promote and generate a shift from symptom-based care to wellness and preventative care.



## Special Offer

### Complimentary Joint Check-Up Package

- One-on-one meeting with a case manager
- Consultation
- Joint Check-Up
- Postural Analysis
- Trigger Point Assessment

**Call today to schedule your Complimentary Joint Check-Up!**



### START 2024 OFF RIGHT WITH VIBRANT HEALTH

Our medical professionals can help you get stronger, healthier, and more active for 2024. Just give us a call or scan the QR code below to make your appointment. Be prepared for all your favorite activities in 2024. Get started today with Vibrant Health Solutions and Therapy Works!

*Scan here to schedule your appointment!*



## DECEMBER VIRTUAL WORKSHOPS

### BACK PAIN AND SCIATICA

With Cindy Johnson, M.S., MCMT & Owner  
• December 6th at 6:30 pm  
• December 28th at 6:30 pm

### PEAK KNEE PERFORMANCE: FROM "BONE ON BONE" TO A BETTER LIFE

With Cindy Johnson, M.S., MCMT & Owner  
• December 12th at 7:00 pm

### SHOULDER PAIN AND ROTATOR CUFF

With Cindy Johnson, M.S., MCMT & Owner  
• December 20th at 6:30 pm

## 785.367.3395

Your success story could be someone's inspiration to get the help they need! Scan the QR code below to share your story and make a difference in someone's life.

