



# SANTIAGO CHIROPRACTIC ASSOCIATES

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## Understanding Your Shoulder Pain

Lake Hiawatha, NJ, April 2014—Shoulder pain is a very common presenting complaint at Santiago Chiropractic.



Although there are many causes of shoulder pain, one of the most common sources is the rotator cuff. Rotator cuff disease runs the gamut between shoulder impingement syndrome and subacromial bursitis to full thickness rotator cuff tears.

Afflictions of the rotator cuff can affect individuals of all ages. Our younger athletes, especially those who are involved in overhead sports such as baseball, tennis and swimming most often present with impingement and subacromial bursitis (See *Fig. 1*) while older patients will start to develop more tears of the cuff as the tendon often degenerates as a natural part of aging. It is estimated that 10% of people over 60 years of age have rotator cuff tears in the United States.

*Fig. 1* Anatomic depiction of sub-acromial bursitis and supraspinatus tendonitis.

Rotator cuff tears can result from long-standing subacromial impingement as this is a mechanical phenomenon in which the humeral head makes physical contact with the undersurface of the acromion with arm elevation. This causes pinching of the rotator cuff

tendon between these two structures. Over time, the attritional wear from this “impingement” is believed to result in tears of the rotator cuff.

Although there is much that remains unknown about how the rotator cuff causes pain and disability, conservative treatment and rehabilitation remains the mainstay of non-surgical options and is a common first-line approach for most problems involving the rotator cuff having been shown to help improve pain and function even in patients who have full-thickness tears.

At Santiago Chiropractic, we offer a variety of treatment options for our patients suffering with shoulder pain including laser treatments, ultrasound, instrument assisted soft issue manipulation, manual therapy and rehabilitation exercises based on each individual’s need. If you have questions about your shoulder pain, ask Dr. Santiago or Dr. Julie during your next visit.

### SPORTS MEDICINE ON THE ROAD...



**Princeton University, March 9, 2014**—  
Dr. Scarano, volunteering with NJ Sports Chiropractic Council on Sports Injuries & Rehabilitation and local EMTs serving the Eastern Collegiate Taekwondo Conference Tournament.

### LINCOLN TUNNEL CHALLENGE



### LAST CHANCE TO REGISTER, RACE DATE APRIL 27<sup>th</sup>

*See you there!*

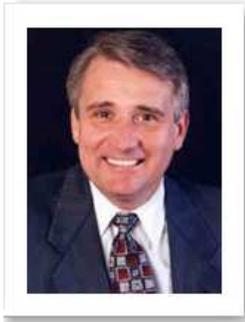
#### DIRECTIONS:

- Go to [www.LTC5k.org](http://www.LTC5k.org), click “Register”
- Read waiver and click “I agree”
- Choose “Join a Team”
- Select “Santiago Chiropractic” & click “Continue” following the directions to complete registration.



# How Well Do You Know the SCA Staff???

Think you know the staff at Santiago Chiropractic Associates? Take the quiz below to see if you can match the facts with the Staff Member Photos! Answers are revealed at the bottom of the page.



A. Dr. Philip Santiago



B. Dr. Julie Scarano



C. Melissa, Massage Therapist



D. Sue, Massage Therapist



E. Daren, Exercise Physiologist



F. Hazel, Office Manager



G. Mary Ellen, Front Desk



H. Grace, Front Desk

- 10. I was not born in this country. \_\_\_\_
- 11. I have been to every mountain peak and hiked every mile of the Acadia National Park. \_\_\_\_
- 12. I studied in England for a year. \_\_\_\_
- 13. In spite of my love for sports, I love computer programming, problem solving and puzzles. \_\_\_\_

- 1. I have run 17 marathons in my life. \_\_\_\_
- 2. My "firstborn" is a black pug named Guinness. \_\_\_\_
- 3. I am a former gymnast (pick 2). \_\_\_\_
- 4. During the winter I heat my house almost solely with wood I collect, chop and stack. \_\_\_\_
- 5. I am a field hockey and lacrosse national champion. \_\_\_\_
- 6. I was a flamenco dancer for 20 years. \_\_\_\_
- 7. I used to play piano and saxophone in a band with my father. \_\_\_\_
- 8. I used to be a lawyer. \_\_\_\_
- 9. I have a passion for helping people with communication disorders. \_\_\_\_
- 14. I am related to Darius Rucker, the lead singer of Hootie and the Blowfish. \_\_\_\_
- 15. I was salutatorian of my high school class. \_\_\_\_
- 16. I am related to Matthew McConaughey. \_\_\_\_
- 17. I am a former cheerleader (pick 3). \_\_\_\_
- 18. I have won awards for two of my beers in a Homebrew Competition in 2012. \_\_\_\_
- 19. Although they say it cannot be done, I can lick my elbow. \_\_\_\_
- 20. I have 7 siblings. \_\_\_\_
- 21. I used to play professional soccer. \_\_\_\_
- 22. My graphic design is on the cover of a published book. \_\_\_\_

Answers: 1. C, 2. F, 3. B&G, 4. E, 5. D, 6. A, 7. E, 8. C, 9. H, 10. F, 11. E, 12. C, 13. D, 14. D, 15. B, 16. G, 17. D, F&G, 18. E, 19. B, 20. G, 21. A, 22. H



For health tips and ways to eat well, move well and think well:

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