

## **Massage and Hands-on Therapeutic Bodywork for: Shoulder, Elbow, Forearm, and Wrist Pain & Injuries.**

There are a wide range of symptoms and injuries that can manifest in our shoulders, elbows, forearms, and wrists. In this brief discussion, our focus is related to how soft tissue (muscular, tendon, ligament, fascia) injuries, pain, or problems in these areas can, in many instances, be addressed and treated through modern, hands-on massage and bodywork techniques along with related conservative therapies. What types of conditions are we referring to?

A partial list might include:

- Rotator cuff tendinitis
- Shoulder pain
- “Tennis/golfer’s” elbow
- Forearm and wrist pain
- Tendinitis
- Injuries.

While problems and injuries in these areas of the body can be complex and require a variety of therapeutic treatment options, in most cases it is highly recommended to consider having a professional soft tissue evaluation to help determine if conservative hands-on and related therapies might be appropriate for your condition.

Many common soft tissue conditions of the upper extremity involving tendinitis, trigger points, sprains/ strains, sports injuries, and scar tissue can be effectively treated with conservative manual massage and myofascial therapies. Active Release Technique (ART), Graston, Massage Therapy, Hellerwork Structural Integration, Integrative Dry Needling. Along with hands-on healing techniques, in certain cases additional specific natural healing therapies might be utilized, if necessary, to help reduce pain, promote circulation, and enhance healing. These modalities might include: cold laser, therapeutic ultrasound, and electrical muscle stimulation.

At Lotus Healing Arts, one of our main areas of focus and clinical expertise is evaluating and treating a wide variety of soft tissue injuries and conditions involving the upper, lower extremities and spine. Please feel free to contact our professional staff to determine if your soft tissue injury or condition might be treated with our natural therapeutic techniques.