

Chiropractic treatment of a 47 year old female presenting with significant bilateral reduced shoulder ranges-of-motion since childhood: A case report [Abstract]

Lisa M Stowell and Charles L Blum

Indexing terms: Chiropractic; SOT; shoulder ROM; conservative care.



Objective:

To share conservative chiropractic care for a patient presenting with virtually life-long reduced bilateral shoulder ranges-of-motion.

Clinical Features:

A 47-year-old female presented to an interdisciplinary clinic for chiropractic care with bilateral difficulty raising her arms due to shoulder restrictions more than a 25° angle (flexion and abduction) since childhood. She was also concurrently suffering from daily leg and sharp pains in her legs and 'balls' of her feet.

Intervention and Outcome:

Treatment consisted of sacro-occipital technique, cranial techniques and trigger point therapy to address spinal, upper extremity, and postural imbalances. After 5-months of treatments one-to-two times per week, patient reported significant improvement in shoulder ranges-of-motion with right-shoulder flexion/abduction reaching 90° and left-shoulder flexion/abduction reaching 135°. During the five-months of care the patient also has reported having no pain in her legs and feet with significant improvement in lower extremity strength and function.

Conclusion:

The patient's chronic unresponsive shoulder reduced ranges-of-motion improved for the first time since childhood with care at this office. Prior interventions included medication, physical therapy, and HVLA diversified technique chiropractic, which had no effect. She is still continuing with care, though with greater intervals between sessions, to help maintain her improvements.

Charles L Blum

DC, CSP, CSCP

Director of Research

Sacro Occipital Technique Organization - USA

Private practice of Chiropractic

Santa Monica, CA

Lisa M Stowell

DC

Private practice of Chiropractic

Manila, Philippines

synergizedhealthhb@gmail.com

Cite: Stowell LM, Blum C. Chiropractic treatment of a 47 year old female presenting with significant bilateral reduced shoulder ranges-of-motion since childhood: A case report [Abstract]. Asia-Pac Chiropr J. 2025;6.2. www.apcj.net/SOT-Abstracts-2025/#StowellShoulderROM

About the practitioner



Lisa M Stowell DC focuses on the safest and most natural approach to chiropractic care utilising cutting edge techniques such as SOT (sacro-occipital technique). She incorporates 'Food First' as part of her approach to customise personal dietary needs as well. Besides head, neck and low back pain, Dr Stowell addresses conditions such as diabetes, fibromyalgia and even depression and fatigue. Dr Stowell has been published in an international, peer-reviewed chiropractic journal as well as accepted for presentation at 2024 ACC-RAC Conferences.



Tap/click to download proceedings