



CORDIMA CHIROPRACTIC CENTER

Personal care. Clear next steps.

FREE PATIENT GUIDE

Shoulder Pain & Frozen Shoulder

When reaching, dressing, or sleeping hurts.
Understand your shoulder and your options.



Helping People Get Back to the Life They Miss

Dr. Christopher T. Cordima, DC, BCN

Board Certified in Chronic Intractable Pain & Neuropathy

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Schedule an appointment: 617-629-2600

LIVING WITH SHOULDER PAIN

More than a sore shoulder.

Before we talk about tendons and joints, I want to talk about you. If shoulder pain makes getting dressed, reaching for a shelf, or finding a comfortable sleeping position difficult, I know it can wear you down. You want to know why this is happening and whether things can feel easier again.

The little things add up

Putting on a coat. Washing your hair. Carrying groceries. You may be using your other arm for almost everything or asking for help with things you have always done yourself. It can be frustrating when an ordinary movement becomes something you have to plan around.

The worry deserves attention, too

Maybe someone has mentioned a rotator cuff problem or frozen shoulder. You may worry about work, surgery, or losing the ability to do something you love. Tell me about those concerns. They belong in the conversation just as much as where it hurts.

There is a reason to explore your options

Many shoulder problems can be managed with appropriate nonsurgical care. [1-4] An evaluation helps us understand what is painful, what is stiff or weak, and which next steps fit your needs.

My goal is to help you understand your options and work toward more of the life you miss.

Dr. Christopher T. Cordima

UNDERSTAND THE DIFFERENCE

Painful does not always mean frozen

The shoulder is a ball-and-socket joint supported by muscles and tendons, including the rotator cuff. It works together with the shoulder blade. The capsule is the connective-tissue envelope around the joint. [2,3]

ROTATOR CUFF-RELATED PAIN

Pain related to the muscles and tendons that support and move the shoulder. [2]

FROZEN SHOULDER

A thickened, tight joint capsule limits movement, both by yourself and when a clinician moves the arm. [3]

OTHER POSSIBILITIES

Arthritis, injury, instability, or pain referred from another area may need a different approach. [2]

For suspected frozen shoulder, a clinician compares movement you make yourself with movement they gently assist. Imaging may help rule out other causes, but a scan is not always needed to diagnose frozen shoulder. [3]

One size does not fit every shoulder.

A painful tendon, a stiff capsule, and an injured joint do not automatically need the same stretches or hands-on treatment.

The first goal is clarity: what is limited, what is painful, and what should happen next?

UNDERSTAND FROZEN SHOULDER

What if you keep working around the pain?

It is easy to adjust your whole routine around one sore shoulder. But persistent pain or growing stiffness deserves an assessment. It may be affecting more than your arm: sleep, work, hobbies, and confidence can all become part of the conversation.

Frozen shoulder can develop gradually and often takes months or years to improve. Diabetes and thyroid conditions are associated with higher risk. Recovery varies; there is no reliable promise of a quick fix. [3,4]

FREEZING

Pain and increasing stiffness

FROZEN

Stiffness remains prominent

THAWING

Movement gradually improves

These are broad patterns, not a calendar for your recovery. Treatment aims to manage pain and support movement. Some people continue to have limitations, so progress should be reviewed. [3]

Movement should match the situation.

For many shoulder problems, gentle activity is preferable to complete avoidance. Follow guidance after injury or surgery, and do not force a painful shoulder through strenuous stretches. [1,4]

Getting assessed does not commit you to treatment. It gives you a better basis for deciding what to do.

MAKE INFORMED CHOICES

Your goals matter.

Perhaps you want to sleep more comfortably, lift your arm to a cabinet, or put on a jacket without help. Those everyday goals give our conversation a useful starting point.

Comfort is part of the plan

When pain interrupts your sleep or makes work difficult, relief matters. We discuss what you have tried, what helped, and what still gets in your way. Your diagnosis and health history help guide appropriate choices. [1,4]

Movement matters, too

For many shoulder conditions, selected exercises help you work on movement and strength. With frozen shoulder, stretching should fit how painful and stiff the joint is. We explain what to practice and how to stay within appropriate limits. [3-5]

You should understand your care

Ask what each treatment is meant to help and how we will review progress. You deserve a plan you can understand and practical guidance you can use between visits.

Keep the bigger picture in view

Care may involve rehabilitation, pain management, or another medical opinion when needed. If further testing or a different approach makes more sense, we will discuss it with you. [1,3,4]

Bring your medication list and tell us about previous injuries or surgery. Discuss changes to prescribed medicine with your prescriber.

OUR OFFICE APPROACH

Care with a purpose.

Your examination, comfort, and goals guide your plan. We explain the purpose of each recommendation.

Myofascial release / soft tissue work

Hands-on pressure and soft tissue work may help ease muscle tenderness and tension. We may use it to make movement more comfortable alongside your exercise plan. [5]

Stretching and range-of-motion work

Gentle, targeted movements should fit your pain and stiffness. We show you how to practice without forcing your arm through severe pain. [3,4]

Functional and strengthening exercises

We work on movements and muscles that support daily tasks. Your exercises may build strength and movement control, with progress based on your ability and tolerance. [5]

Shoulder-blade movement

Your shoulder blade and arm work together. We assess how they move and may use assisted movement and exercises to support more comfortable use of the arm. [6]

Joint mobilization / selected adjustments

When appropriate, we may use joint techniques with the goals of easing symptoms and improving movement. The technique and pressure are selected around your examination and comfort. [5]

COMMON QUESTIONS

Answers before you begin

Can you help if I have frozen shoulder?

An evaluation helps determine whether our approach fits. Frozen shoulder and other shoulder problems need care matched to the diagnosis, pain, and movement limits. [3,4]

Will my insurance cover this?

Some plans cover chiropractic adjustments to the extremities. **Medicare does not.** [8] Coverage depends on your plan and the service. We explain fees and discuss which services may be covered or self-pay before care begins.

Is this guaranteed to work?

Nothing in healthcare is guaranteed. For a suitable candidate, following an individualized program offers an opportunity for meaningful relief and better daily function. We set goals and review your progress along the way.

How many visits will I need, and what does it cost?

We discuss your proposed schedule, fees, and progress reviews after your evaluation.

What can I do between visits?

Follow your movement and exercise guidance. Ask how to pace tasks and find a comfortable sleeping position. Avoid forcing painful stretches. [1,4]

What if I have already tried other treatments?

Tell us what helped and what did not. That history helps us discuss the next step, including further medical assessment when appropriate. [1,3]

TAKE THE NEXT STEP

Your shoulder evaluation

If reaching, dressing, or sleeping has become difficult, find out whether our approach fits. Bring your questions and goals.

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At your evaluation

- Discuss symptoms, previous injuries, surgeries, and prior treatments.
- Review movement, strength, and findings; determine whether testing or referral should come first.
- Discuss candidacy and next steps. If our care is not a fit, we will explain that.

When to seek urgent care [1,7]

Seek prompt medical assessment for sudden severe pain, inability to move the arm, deformity, marked swelling, persistent numbness, or feeling feverish. Shoulder or arm pain with chest pressure, shortness of breath, or sweating may be an emergency: call 911.

Schedule a Shoulder Evaluation

Call 617-629-2600

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Bring your medication list and relevant test reports. Ask our team about appointment details and fees.

This guide is educational and does not replace individual medical advice. Do not change prescribed medicines without your prescriber. No outcome is guaranteed.

KEY THINGS TO KEEP IN MIND

Let's find your next step.

A plan, not a magic bullet

There is no single answer for every sore shoulder. We begin with your history and examination, then choose care around your needs. The aim is better comfort, movement, and the ability to manage everyday tasks.

Can you be helped?

That is the question I want to help you answer. We look at your symptoms, movement, strength, health history, and previous care. Tell me what you most want to do more comfortably.

You deserve an honest conversation

If care here looks appropriate, I will explain what we recommend, why, and how we will review progress. If testing or another type of care makes more sense, I will tell you. Bring your questions and any concerns about following a plan.

Small wins can make a real difference

Reaching a shelf. Getting dressed with less trouble. Finding a more comfortable position in bed. We will connect progress to your life and adjust recommendations around your response.

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MEET YOUR DOCTOR

About Dr. Cordima



**Dr. Christopher T. Cordima,
DC, BCN**

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Neuropathy.

Dr. Cordima graduated from Palmer Chiropractic College in 1987 and received his chiropractic license in November 1988. He comes from a family with a legacy in chiropractic care and is proud to carry that tradition forward.

His approach starts with listening: what hurts, what you have tried, and what you want to get back to doing. He is dedicated to compassionate, honest care and helping you understand whether a natural, nonsurgical approach fits your needs.

Outside the office, he enjoys time with his loving partner, Linda, and their family, hiking New England trails with Benny, exploring local coffee shops and restaurants, and cooking together.

Let's talk about getting you back to the life you miss.

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SOURCES AND FURTHER READING

References

1. National Health Service. Shoulder pain. Reviewed May 22, 2023. [Read source](#)
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6. American Academy of Orthopaedic Surgeons. Scapular (shoulder blade) disorders. OrthoInfo. [Read source](#)
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8. Centers for Medicare & Medicaid Services. Chiropractic services: coverage limited to manual spinal manipulation. [Read source](#)

Understanding the evidence

Shoulder conditions differ. Research and recommendations for rotator cuff tendinopathy do not automatically apply to frozen shoulder, fractures, or full-thickness tendon tears. Your examination guides the discussion about appropriate care.

About this guide

Office technique descriptions reflect information supplied by Dr. Cordima. Our goals are comfort, movement, and daily function. No treatment outcome is guaranteed. This guide is educational and does not replace an individual evaluation. Illustrations are lifestyle or educational artwork, not patient testimonials.