The shoulder is the most mobile joint in the body, which is exactly why it is prone to problems. Reaching overhead, swinging a golf club, serving at pickleball or simply sleeping on one side can become spinal decompression Lighthouse Point painful when the shoulder is irritated. McNamara Chiropractic Center in Lighthouse Point offers non-surgical care for shoulder pain, including a structured Shoulder Restoration Program.

This overview is general information to help you understand how the practice approaches shoulder problems.

Common shoulder complaints

The practice sees shoulder pain related to problems such as rotator cuff irritation, frozen shoulder (stiffness that limits movement) and impingement, where tissues are pinched during certain movements. Neck problems and posture can also influence how the shoulder feels, so the evaluation usually looks at the neck and upper back as well.

What happens at the first visit

Dr. Carol McNamara-Krauss, DC starts by asking how the pain began, which movements trigger it and how it affects sleep, work and sports. She then examines range of motion, strength and the way the shoulder blade, neck and upper back move together. Afterward she explains her findings and whether she thinks the Shoulder Restoration Program, or another approach, makes sense. If imaging or an orthopedic opinion seems appropriate, she will say so.

What the Shoulder Restoration Program may include

The program at McNamara Chiropractic Center Lighthouse Point is a structured, non-surgical protocol. Depending on the exam, it may combine:

- Chiropractic adjustments to the shoulder, neck and upper back
- Class IV laser therapy or shockwave therapy for certain soft-tissue problems (the office does not apply both to the same area)
- Therapeutic ultrasound
- Massage therapy with Dawn Marie Teufel, LMT, and the Knot Relief Program for tight muscles around the shoulder blade
- General guidance on movements and positions to avoid while the shoulder settles

Plans are personalized and progress is reviewed regularly. Some shoulder problems improve steadily; others take longer, and some need additional medical input. Results vary and cannot be guaranteed.

Shoulder-friendly habits

- **Avoid sleeping on the sore side** for a while; hugging a pillow can make side-sleeping on the other side more comfortable.
- **Keep frequently used items within easy reach** instead of on high shelves.
- **Warm up before sports.** Gentle arm circles and a few practice swings before golf, tennis or pickleball help prepare the shoulder.
- **Watch your posture at the desk.** Rounded shoulders can change how the joint moves.

Why a structured program?

Shoulder problems often build up over months, and they rarely settle after a single visit. A structured program gives patients a clear plan, regular check-ins and a way to track progress. It also gives Dr. McNamara the opportunity to adjust the approach if the shoulder is not responding as expected.

Location

McNamara Chiropractic Center is at 3320 N Federal Hwy, Lighthouse Point, FL 33064, on US-1 between Sample Road and Copans Road. Patients visit from Pompano Beach, Deerfield Beach, Boca Raton, Fort Lauderdale and nearby neighborhoods such as Coral Key, Harbor Village and Venetian Isles. Parking is free and on-site. To ask about the Shoulder Restoration Program, call (954) 902-6371 or visit https://mcnamarachirocenter.com/.

This article is general information and not medical advice. Individual results vary.

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Looking for non-surgical back, neck or joint pain care in Lighthouse Point? McNamara Chiropractic Center is at 3320 N Federal Hwy, Lighthouse Point, FL 33064, on US-1 across from Publix. Call (954) 902-6371 to ask about an evaluation. This content is general information, not medical advice.