

Neck & Shoulder Pain

SCENAR Life – Information Document

Dr. John A. Hache DNM



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By Dr. John A. Haché DNM

Over 28,000,000 people in the USA suffer from Neck and shoulder Pain.

Neck and shoulder pain can be classified in many different ways. Some people experience only neck pain or only shoulder pain, while others experience pain in both areas.

What Causes Neck Pain?

Causes of neck pain include:

- Abnormalities in the bone or joints
- Trauma
- Poor posture
- Degenerative diseases
- Tumors
- Muscle strain

What Causes Shoulder Pain?

The shoulder is a ball and socket joint with a large range of movement. Such a mobile joint tends to be more susceptible to injury. Shoulder pain can stem from one or more of the following causes:

- Strains from overexertion
- Tendonitis from overuse
- Shoulder joint instability
- Dislocation
- Collar or upper arm bone fractures
- Frozen shoulder
- Pinched nerves (also called radiculopathy)

Testimonials

"Definitely there are improvements and the SCENAR treatments have done this. My neck rotation is now 180 degrees which is a first in many years and it quickly responds to treatments. My knee most of the time is pain free, and I have been able to cut my pain medications in half. The neuropathy pain in my feet has greatly diminished and cramps in legs are not a problem anymore."

-Carol Tucker

Dear John and Lorry, Just a note to let you know that I have been using the Scenar device for inflammation and pain and healing of soft tissue problems with huge success. I feel like I know so little and yet am close to 100% success with treatments helping at least 70% if not 100%. I don't know what I would do without the device now. This works better than anything I have ever used to help people.

Dr. Rick M. Smith DC

