

Introduction to the Shoulder

The shoulder is a very complex structure. This complexity is the necessary solution to the problem of simultaneously satisfying two normally opposing and competing demands:

1. A very large range of motion, which requires a joint coupling that is *inherently weak*, and
2. Strength. The shoulder can produce and transmit *amazing* power!

The solution to meeting these two competing demands is that the shoulder has a *very* large number of muscles connected *either* directly *or* indirectly to it. As well as providing strength, it is the muscles which provide stability to the inherently weak structure of the shoulder joint.

These muscles are illustrated in Figure 1 and Figure 2 below.

Figure 1: Shoulder Surface Muscles I

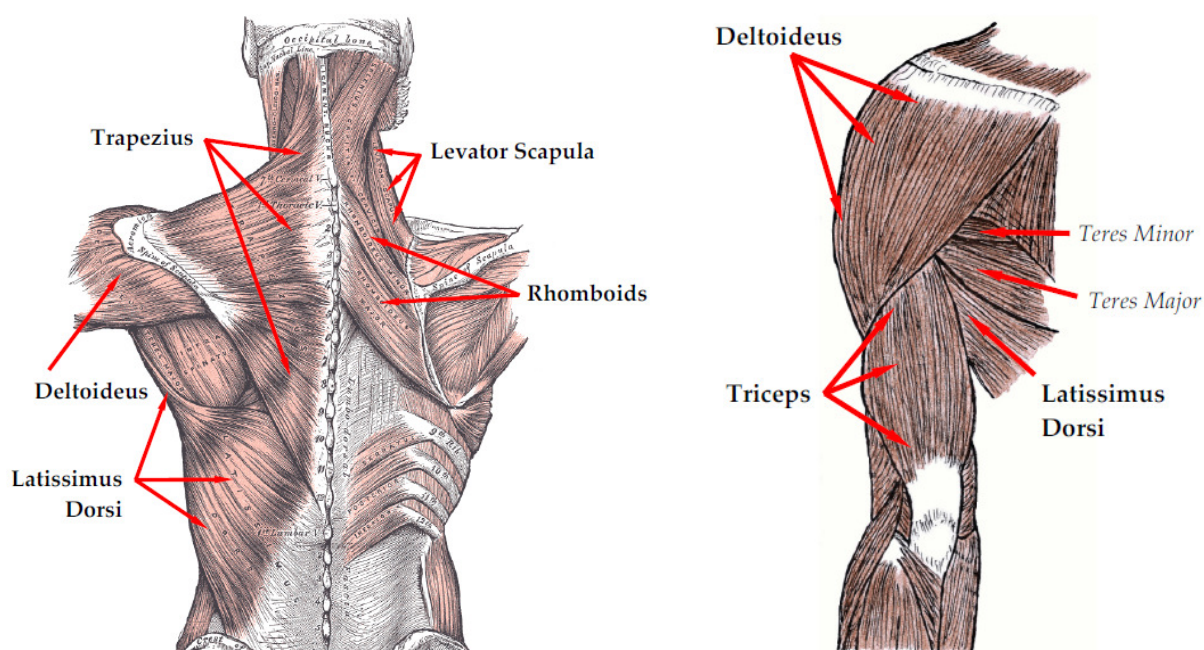
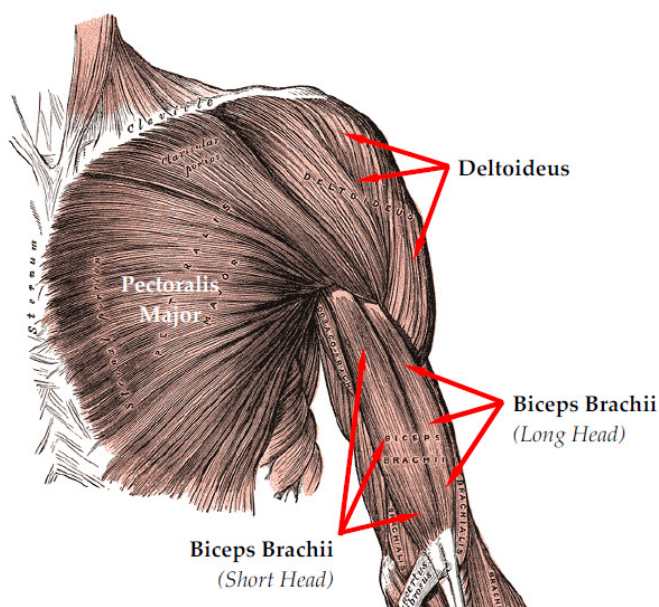


Figure 2: Shoulder Surface Muscles II





The muscles of the shoulder work *cohesively & cooperatively*. Furthermore the *myofascia* associated with the muscles (see the client handout) is interconnected throughout the shoulder, and to the back below and the neck above. So the action and function of *each and every* muscle in the shoulder is impacted by the function of all others within the shoulder, and by the function of the neck and back muscles.

That is why your Goltech® practitioner may treat your shoulder if you have a neck or back problem, or treat your neck and back if you have a shoulder problem. Goltech® therapists are trained to think *far* more broadly about body-problems than the simple *focus* of the problem would seem to indicate is necessary.

The benefit of this approach for you is *fewer treatments, and more effective treatments.*