

Traditional Chinese Medicine Pathologies for the Treatment of Shoulder Pain

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The development of shoulder surgery followed this algorithm in all medical specialties. A recent systematic review outlined the use of Tuina as a traditional medicine method in the treatment of the frozen shoulder. Tuina is the use of a certain part of the hand or limb by a physician on a patient to press, push, grasp, roll, and pinch, producing a biological effect and eventually improving clinical symptoms. Acupuncture, too, is widely used in China and also in many other countries to treat different conjunctive tissue disorders, including shoulder contractures, stiffness, and pain.

Keywords: Rotator cuff pathologies; Shoulder and elbow surgery; Clinical work; Shoulder surgeon; Modern treatment; Technical improvements

Introduction

Modern shoulder surgery was developed in the Western world by Bankart and Codman. The vision of shoulder pathologies was further enlightened by Charles Neer, who was the founder of the modern specialty of shoulder surgery based on anatomical knowledge, outcome studies of the surgery for rotator cuff pathologies, arthroplasty, instabilities, and various traumatic and degenerative conditions that were treated traditionally in general surgery services or with conservative methods [1]. Neer's teachings were followed and upgraded by his illustrious fellows from North America and Europe, including Frederick. The European School of Shoulder and Elbow Surgery brought important contributions to the development of the specialty, including the works of Latarjet and the Lyon School proudly represented by Gilles Walch and his followers, the Dijon School of Grammont, inventor of the modern reverse shoulder arthroplasty, the Swiss School of N. Schwentz and Christian Gerber, and many other national schools and institutes that developed shoulder and elbow knowledge in Europe and worldwide [2]. Many shoulder and elbow schools have Chinese fellows and colleagues who are actively contributing to the scientific development of shoulder and elbow surgery in China. Scientific publications in the field of shoulder and elbow surgery include many valuable Chinese contributors and respected authors, and this special issue is an example of the volume and quality of research and clinical work performed in China.

Methodology

The predecessors of Chinese orthopaedic surgeons, including professors Feng Chuanhan, Guo Shiba, and Huang Gongyi, published *Shoulder Surgery*, a text which outlined the development of this specialty in China. The academic environment for shoulder and elbow surgery is very good and the International Congress of Shoulder and Elbow Surgery is held every year [3]. Teaching and training meetings and workshops are organized by regional central hospitals. In May 2014, the Chinese Shoulder and Elbow Society was established with Jiang Baoguo from the Peking University People's Hospital elected as first chairman.

The current chairman of the CSES is Chunyan Jiang, a well-known scientist and respected shoulder surgeon [4]. The current special issue of *Orthopaedic Surgery* includes scientific papers from different shoulder, elbow, and orthopaedic departments that specialize in articular surgery and quality modern treatment. It is with pleasure and pride that the

French group of surgeons led by Philippe Hernigou from Paris presents the paper concerning the osteonecrosis of the humeral head, based on a very important clinical experience. Recent advances in the arthroscopic management of shoulder pathologies are presented by teams from Shanghai6 and Guagzhou [5]. Traumatology is well-represented and specific specialized solutions are described by highly qualified colleagues from different centres in Qingdao, Shanghai, Tianjin, and Chengdu. Technical improvements and solutions in humeral nailing are described by Xiao-ming Wu from Shanghai. Traumatology is an important part of the shoulder and upper limb specialty, and the trauma services are constantly developing techniques and procedures dedicated to better patient care, minimally invasive procedures, and lower radiation exposure during the procedure, which is better for the surgical team and also for the patient [6]. Shoulder anterior instability and treatment based on anatomic repair and reconstruction are an important part of our specialty as shown in (Figure 1). All major shoulder services are performing different arthroscopic and open techniques of reconstruction based on accurate evaluation of the sources of instability and good quality ligamentar, capsular, and bone repair. Reverse shoulder arthroplasty became very popular in the last 20 years, and currently China is developing this chapter for better patient care, offering new solutions in shoulder reconstruction for orthopaedic and traumatic conditions [7]. A recent work was published in Chinese by Bo Lu from Shizhajuang, and two papers included in this special issue concern traumatic and rheumatoid destructive conditions treated by reconstruction with reverse shoulder arthroplasty. The sub-acromial space and management of cuff conditions are explored in two papers by Chengdu and Xiamen. The elbow specialty is developed either in upper limb services or in combination with shoulder services [8]. Chinese elbow specialists are extremely proficient and publish excellent results on both traumatic and orthopaedic elbow conditions.

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demonstrated on postoperative magnetic resonance imaging between