

Restoration Health Chiropractic Publishes Educational Guide on Shoulder Pain Relief for Little Rock Patients

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LITTLE ROCK, AR - October 13, 2026 -
Restoration Health Chiropractic has published an educational guide examining common factors associated with shoulder pain and the role of spinal evaluation in identifying contributing causes. The resource, available on the practice?s website, outlines why the shoulder?s high mobility can make it susceptible to injury and how nerves originating in the cervical and upper thoracic spine may influence shoulder symptoms.

The guide notes that the shoulder is the most mobile joint in the body and is used in many everyday tasks as well as athletic activities. It states that problems left unevaluated can progress and that identifying the source of pain is important for appropriate care. Common factors listed in the materials include neck and upper back tightness, spinal misalignment, arthritis, and abnormal patterns of movement. The guide explains that many of these factors point toward the spine because the nerves that control the shoulder originate in the spinal column. Compressed or injured vertebrae in the neck and upper back can irritate those nerves, and even a minor spinal misalignment can interrupt communication between the spine and the shoulder, according to the practice?s description.

The educational content also lists symptoms that the practice indicates may warrant prompt evaluation of the shoulder complex. These include pain lasting more than a week, pain that resolves and returns frequently, difficulty raising the arm above the head, pain or trouble when carrying objects, pain that becomes more pronounced in the evening, visible signs such as bruising or swelling, and unusual snapping or clicking during movement. The guide emphasizes that an accurate assessment of the exact cause is critical because effective care depends on the underlying factors identified during examination.

Shoulder pain relief in Little Rock is addressed in the guide through the practice?s neurologically-based corrective approach. Restoration Health Chiropractic describes its model as using Chiropractic Biophysics, which it states draws on principles of anatomy, physiology, neurology, physics, and geometry to create individualized protocols focused on spinal alignment. Evaluations typically begin with a one-on-one consultation with a doctor to discuss concerns, history, and goals. A spinal examination may include motion and static palpation, range of motion assessment, digital posture analysis, and orthopedic and neurological testing. Digital motion X-rays are used when clinically indicated to observe joint function. Care plans are then developed from those findings rather than applied as a uniform protocol.

Dr. Michael Butler, Owner and Chief Vision Officer at Restoration Health Chiropractic, said, "The shoulder pain guide is intended to help readers understand that symptoms in the shoulder can be influenced by findings in the neck and upper back, which is why the practice emphasizes a thorough spinal evaluation when patients report shoulder concerns."

Dr. Keith Beachy, Lead Doctor, said, "The educational material outlines common patterns such as restricted movement, recurring pain, and difficulty with daily tasks so that individuals can recognize when professional assessment of the spine and shoulder complex may be appropriate."

Dr. Michael Butler is a native of Hope, Arkansas. He earned a bachelor?s degree in nutrition from the University of Central Arkansas and his doctor of chiropractic degree from Life University, where he received advanced training in Chiropractic Biophysics, Pediatrics and Maternal Care, and full spine techniques. Molly Butler, Owner and Chief Culture Officer, holds a degree in health promotion with a minor in business from Auburn University. Dr. Keith Beachy is an Arkansas native from Fort Smith. The practice states that he is a board-certified chiropractor and certified functional medicine practitioner. He is also board certified in neuropathy and is working toward a Diplomate with the American Clinical Board for Nutrition. He completed a bachelor?s degree in exercise science from the University of Arkansas and his doctor of chiropractic degree from Parker University.

The practice?s mission is to serve the community through neurologically-based corrective chiropractic care. Its vision is to empower individuals to make informed health decisions for their families. The shoulder pain

guide is consistent with that educational approach, providing context about referred symptoms and the value of identifying spinal factors before care is planned.

The materials do not present spinal evaluation as a substitute for medical assessment of acute injury, infection, or other conditions that require immediate medical attention. They focus on the practice?s view that nerves supplying the shoulder can be affected by findings in the cervical and upper thoracic regions and that an accurate diagnosis of contributing factors supports appropriate care. Athletic participation and repetitive daily use are noted as additional common influences on the shoulder complex.

Restoration Health Chiropractic continues to publish educational resources on musculoskeletal topics. The shoulder pain guide adds detail about how the practice discusses referred pain, range of motion limitations, and the connection between spinal findings and shoulder symptoms. Follow-up visits, when recommended after an initial evaluation, monitor alignment, mobility, and reported function according to the practice?s standard process.

By publishing the guide, the practice provides readers with a structured explanation of factors it associates with shoulder pain and the examination steps used to evaluate them. The resource remains available on the practice website for individuals seeking information about how spinal assessment is described in relation to shoulder concerns.

The guide?s emphasis on early evaluation for persistent or recurring symptoms aligns with the practice?s broader description of care planning. Patients receive information during consultation so that decisions about examination and any subsequent care rest on individual findings rather than general recommendations.

Restoration Health Chiropractic maintains its foundation in corrective chiropractic principles while using educational content to explain how those principles are applied to common concerns such as shoulder pain. The published guide serves as a reference for the practice?s discussion of spinal contributions to shoulder symptoms and the importance of identifying the specific factors present in each case.

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Restoration Health Chiropractic

Our passion at Restoration Health is helping you achieve your health goals through chiropractic care, wellness-focused treatments, and cutting-edge therapies.

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