

# Frozen Shoulder Removed By the Best TCM in Singapore

I have the tendency to ignore any aches and pain that I feel because of my busy schedule. Since I am only 23 years old, I thought that my health is still at its prime and all minor pain can be easily cured by over-the-counter pain reliever.

But recently, I noticed that the pain in my shoulders and my lower back seemed to be getting worse. No amount of pain relieving ointments or pills could alleviate the pain. It got me worried, especially since it already affects my daily activities.

I dropped by a visit to a physician, but he only told me to take higher doses of medicines. But I am wary about following his advice because I am afraid of all its possible side effects. That is why I decided to go to a [TCM clinic in Singapore](#).

TCM, or traditional Chinese medicine, is very popular in the country. My parents swear by the effectivity of this type of alternative medicine.

When I first arrived at the clinic, the very courteous staff led me to a physical therapist who assessed my condition. She was the one who told me the right kind of [TCM injury treatment](#) that will cure my ailment.

After our consultation. The physical therapist gave me a physical therapy plan that could compliment a customized medical treatment plan. This will lessen the need for using prescription medicines.

Since the physical therapist found out that I am suffering from a frozen shoulder, sore back, and a lot of aching muscles, she told me to avail of their Full Body Tui Na package.

According to the definition from the University of Minnesota, Tui Na is “one of the most popular TCM treatment modalities and is frequently used in the treatment of superficial trauma and injury and a wide variety of musculoskeletal problems.”

The website also mentioned that this kind of TCM treatment is most of the time used whenever acupuncture cannot address the problem. It is also the most common massage therapy for kids.

During my Tui Na treatments, I was advised to sit down so they can concentrate on my shoulders. After just one session, I immediately felt that my stiff, painful shoulder started to loosen up a little.

To speed up my healing, I also decided to avail their Cupping therapy. The therapist said that it can help in mobilizing blood flow in the areas that need treatments.

I asked my therapist to do the strong cupping method, which means that it will use the most intense vacuum to drain out the negative energy from the aching spots in my body. However, it left several unsightly marks around my body. That is why I had to cover it up with jackets and blazers for a few days until all the cupping marks were eliminated.

I also inquired about the clinic’s acupuncture slimming treatment to help me lose my excess pounds. But I realized that I should be really committed to lose weight if I want to do it since it does not give instant results. This made me decide to delay this kind of treatment.

My overall experience with this TCM clinic was very pleasant. I could even say that it offers the [best TCM in Singapore](#). I would gladly recommend it to my friends.