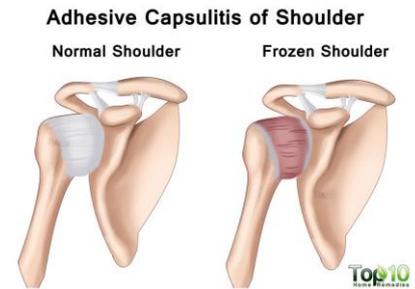


## Frozen Shoulder

### Description:

Frozen shoulder, was also known as adhesive capsulitis, is a painful condition that is characterised by the shoulder being partially or completely stiff. The lining of the shoulder joint, the 'capsule', is usually a very flexible elastic structure to allow the arm to move overhead and rotate. When a frozen shoulder occurs, inflammation in the capsule and surrounding ligaments cause the tissues to contract and normal elasticity is lost, Pain and stiffness gradually develop before eventually resolving and movement returns.



### Cause:

The cause is unknown but may be triggered by an injury to the shoulder or follow surgery such as a mastectomy or shoulder surgery. The condition may also be linked to diabetes (10-20% of people who have diabetes have get frozen shoulder), high cholesterol or following a stroke. The condition is more commonly seen in women especially in the age profile of 40-60 years old.

### Symptoms:

A frozen shoulder is typically thought to have three phases often lasting up to 2 years.

- 1. Freezing Phase:** The pain can be severe often worse at night, leading to problems sleeping and carrying out tasks such as dressing. Movement becomes restricted and typically lasts 2-9 months.
- 2. Frozen Phase:** The stiffness usually occurs gradually, leading to a loss of active (where you move the shoulder) and passive (where someone else moves the shoulder) movement. Pain begins to lessen and lasts around 4-12 months.
- 3. Thawing phase:** The pain and stiffness gradually reduce, and the shoulder range of movement is restored over the next 12-24 months.

### Treatment

There are several treatment options for a frozen shoulder, dependant on the severity of the pain and stiffness.

1. Physiotherapy helps to prevent any further stiffness and regain range of movement. It will also be useful for pain associated with the neck and restoring movement patterns that have evolved over prolonged periods of moving whilst in pain.
2. Painkillers and anti-inflammatories help to reduce pain and inflammation.
3. Hydrodilatation - is used to reduce severe pain and improve range of movement. This involves stretching the capsule of the joint by injecting a mixture of sterile saline, local anaesthetic and steroid. This opens up the joint and releases adhesions. The Radiologist performs the procedure using Xray



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guidance to ensure the injection is accurately placed.

4. Surgery may involve an arthroscopic capsular release. Intensive physiotherapy is essential after the surgery. Surgery may be used if other treatment options do not change the pain and stiffness of the shoulder.

Picture Reference:

<https://www.top10homeremedies.com/news-facts/simple-effective-exercises-fix-frozen-shoulder.html>