

# *Don't let that shoulder pain go too long!*

## **What is frozen shoulder?**

Frozen shoulder or adhesive capsulitis is a condition in which movement of the shoulder becomes severely restricted. The condition usually starts with an injury to the area. This leads to lack of use secondary to pain with movement.

## **How this affects your body.**

By not moving the shoulder through its normal range of motion, changes begin within the joint. These changes include:

- Increased inflammation
- Adhesion (abnormal bands of tissue) formation.
- Decreased synovial fluid
- Muscle shortening

Some risk factors for frozen shoulder are diabetes, stroke, accidents, lung disease and heart disease.

## **How do I know if I have frozen shoulder?**

There are certain signs and symptoms associated with frozen shoulder. Some of these are:

- Severe tightness around the joint
- Discomfort worsens at night
- Simple movements such as raising an arm may become very difficult.

If the doctor suspects a patient may have frozen shoulder an arthrogram can confirm the diagnosis.



## **How is it treated?**

Treatment of this condition focuses on restoring normal joint movement. Range of motion exercises, (as above), are the primary focus. Decreasing pain is also important. This can be done with anti-inflammatory drugs, usually prescribed by a doctor. Electric stimulation, ultrasound, ice and heat are other tools that can be used by physical therapists. In worse case scenarios a manipulation under anesthesia may be performed.

## **A few facts.**

- Usually affects people aged 40-60
- 70% of cases are women
- Affecting the non-dominant shoulder is common
- Complete recovery can take anywhere from 6 months to 2 years.

*If you have any questions regarding frozen shoulder contact **REHAB ONE** at **265-2221**.*