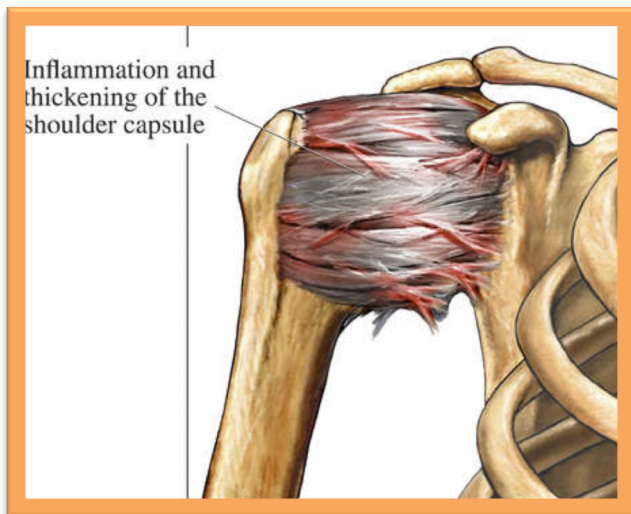




FROZEN SHOULDER

INJURY DEFINITION:

A frozen shoulder is a condition that causes shoulder pain and limits the shoulder's range of motion. The limit to range of motion affects both active and passive range of motion, which means its movement is restricted when you or someone else tries to move it. It is also known as adhesive capsulitis.



STATISTICS:

Frozen shoulder affects between 2-5% of the population, more common in people above the age of 50. Women are affected greater than men and there is a strong link between smoking, diabetes and frozen shoulder.

CAUSES OF FROZEN SHOULDER

Frozen shoulder most commonly occurs following an injury or a period of immobilisation following an injury. Rotator cuff tears, fracture shoulders or following shoulder surgery are common histories leading to frozen shoulder. It can also occur following unrelated surgeries such as heart surgery.

DIAGNOSIS:

Your physiotherapist will examine what movements will bring on symptoms and check for mobility restrictions. Frozen shoulder normally presents as a 'capsular' range of motion restriction. Common movements restricted will be rotating the arm outwards, reaching up behind the back and lifting the arm above 90 degrees.

Frozen shoulder can also occur without proceeding injury and tends to be associated with people of certain disease types. These include:

- Diabetes sufferers
- People who have suffered a stroke
- Those with Parkinson's disease
- People who have certain types of thyroid diseases

Experts do not know for sure what causes frozen shoulder, but they suspect it develops when the joint becomes inflamed and scar tissue forms. As this happens, the tissues inside the joint shrink and harden, making the shoulder more difficult to move.



FROZEN SHOULDER

SYMPTOMS:

Common phases of a frozen shoulder is outlined below:

Phase 1 – Lasts between 2 to 9 months and involves diffuse and disabling shoulder pain that is worse at night. The shoulder will increase in stiffness over this phase.

Phase 2 – last between 4 to 12 months and associated with increased shoulder stiffness with limited mobility. Pain often decreases through this stage.

Phase 3 – Is known as the recovery phase and last between 5 to 24 months. Range of motion is gradually regained during this phase.

The pain and stiffness affect your ability to complete everyday tasks including putting your clothes on, bathing, hanging out the washing, putting your bra on and lifting above head.



PHYSIOTHERAPY TREATMENT OPTIONS:

- Dry Needling
- Passive range of motion exercise/pulleys
- Education
- Massage
- Health + food education
- Pain management strategies
- Movement education
- Activity of daily living modification
- Spinal mobilisation
- Stretching classes
- Hydrotherapy