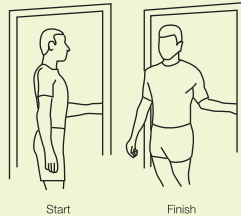


## Some of the exercises that might be recommended are as follows:

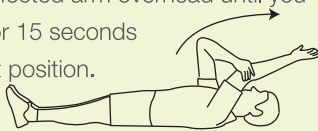
### External rotation - passive stretch:

Stand in a doorway and bend your affected arm 90 degrees to reach the doorjamb. Keep your hand in place and rotate your body as shown in the illustration. Hold for 30 seconds. Relax and repeat.



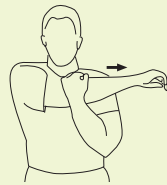
### Forward flexion - supine position:

Lie on your back with your legs straight. Use your unaffected arm to lift your affected arm overhead until you feel a gentle stretch. Hold for 15 seconds and slowly lower to the start position. Relax and repeat.



### Crossover arm stretch:

Gently pull one arm across your chest just below your chin as far as possible without causing pain. Hold for 30 seconds. Relax and repeat.



## Surgical Treatment:

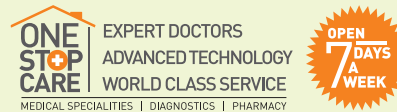
If your symptoms are not relieved by therapy and anti-inflammatory medicines, your doctor may recommend surgery. It is important to discuss about your potential for recovery with your doctor while continuing with simple treatments and the risks involved with surgery. The goal of surgery for frozen shoulder is to stretch and release the stiffened joint capsule. The most common methods include manipulation under anaesthesia and shoulder arthroscopy.

**Recovery:** After surgery, physical therapy is necessary to maintain the motion that was achieved with surgery. Recovery times vary, from 6 weeks to three months. Although it is a slow process, your commitment to therapy is the most important factor in returning to all the activities you enjoy.

Long-term outcomes after surgery are generally good, with most patients having reduced or no pain and greatly improved range of motion. In some cases, however, even after several years, the motion does not return completely and a small amount of stiffness remains. Although uncommon, frozen shoulder can recur, especially if a contributing factor like diabetes is still present.



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# FROZEN SHOULDER - CAUSES, DIAGNOSIS AND TREATMENT.

Read on to find out.

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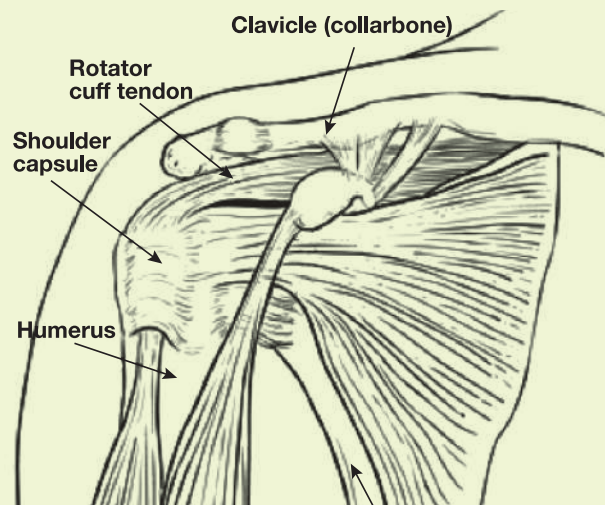
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## What is Frozen Shoulder?

Frozen shoulder, also called adhesive capsulitis causes pain and stiffness in the shoulder. Over time, the shoulder becomes very hard to move.

The frozen shoulder condition occurs in about 2% of the general population. It most commonly affects people between the ages of 40 and 60, and occurs in women more often than men.



**Anatomy:** Your shoulder is a ball-and-socket joint made up of three bones: upper arm bone (humerus), shoulder blade (scapula) and collarbone (clavicle).

The head of the upper arm bone fits into a shallow socket in your shoulder blade and a strong connective tissue called the shoulder capsule surrounds the joint. To help your shoulder move more easily, synovial fluid lubricates the shoulder capsule and the joint. The shoulder capsule surrounds the shoulder joint and rotator cuff tendons.

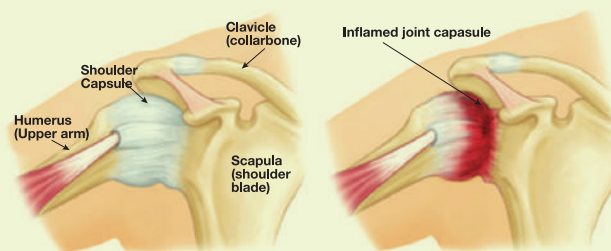
**Description:** In frozen shoulder condition, the shoulder capsule thickens and becomes tight. Stiff bands of tissue called adhesions develop. In many cases, there is less synovial fluid in the joint.

The hallmark sign of this condition is being unable to move your shoulder - either on your own or with the help of someone else.

## Frozen Shoulder develops in three stages:

**Freezing stage:** In the 'freezing' stage, you slowly develop more pain. As the pain worsens, your shoulder loses range of motion. Freezing typically lasts from 6 weeks to 9 months.

**Frozen stage:** Painful symptoms may actually improve during this stage, but the stiffness remains. During 4 to 6 months of the 'frozen' stage, daily activities may become very difficult.



**Thawing:** Shoulder motion slowly improves during the 'thawing' stage. Complete return to normal or close to normal strength and motion typically takes from 6 months to 2 years. In frozen shoulder stage, the smooth tissues of the shoulder capsule become thick, stiff and inflamed.

## What causes Frozen Shoulder?

The various causes of frozen shoulder are not fully understood. There is no clear connection to arm dominance or occupation. A few factors may put you more at risk for developing frozen shoulder.

**Diabetes:** Frozen shoulder occurs more often in people with diabetes, affecting 10% to 20% of these individuals. The reason for this is not known.

**Other diseases:** Some additional medical problems associated with frozen shoulder include hypothyroidism, hyperthyroidism, Parkinson's disease and cardiac disease.

**Immobilisation:** Frozen shoulder can develop after a shoulder has been immobilised for a period of time due to

surgery, fracture or other injury. Having patients move their shoulders soon after injury or surgery is one measure prescribed to prevent frozen shoulder.

## How is Frozen Shoulder condition diagnosed?

### Doctor Examination

**Physical Examination:** People with frozen shoulder have a limited range of motion both actively and passively.

### Imaging Tests

**X-Rays:** Dense structures such as bone show up clearly on X-rays. X-rays may show other problems in your shoulder such as Arthritis.

### Magnetic Resonance Imaging (MRI) and Ultrasound:

These studies can create better images of problems with soft tissues such as a torn rotator cuff.

## What are the various treatment procedures for Frozen Shoulder?

**Treatment:** Frozen shoulder condition generally gets better over time, although it may take up to 3 years for the treatment of the condition. The focus of the treatment is to control pain and restore motion and strength through physical therapy.

**Non-surgical Treatment:** More than 90% of patients improve with relatively simple treatments to control pain and restore motion. Non-steroidal anti-inflammatory medicines reduces pain and swelling.

**Steroid injections:** A powerful anti-inflammatory medicine that is injected directly into your shoulder joint.

**Physical therapy:** Specific exercises will help restore motion. These may be under the supervision of a physical therapist or via a home program. Therapy includes stretching or a range of motion exercises for the shoulder. Sometimes heat is used to help loosen the shoulder up before the stretching exercises.