



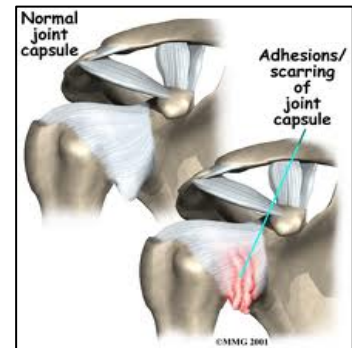
FROZEN SHOULDER



What is frozen shoulder?

Frozen shoulder, also known as adhesive capsulitis, is a condition characterized by pain and tightness leading to significant loss of both active and passive range of motion of the shoulder. Recent studies show it is a process of inflammation and tightening of the soft tissues. There are three phases that last approximately six months each:

- 1) Freezing – constant shoulder pain and range of motion limitations
- 2) Frozen – dull shoulder pain, range of motion continues to decrease, and more functional limitations
- 3) Thawing – less shoulder pain, regains range of motion, and increased ability to complete daily tasks

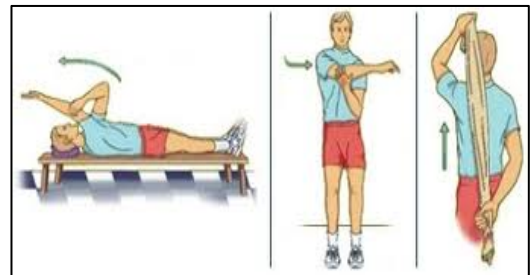


Where does it occur?

Frozen shoulder occurs in the joint capsule of the shoulder joint. The capsule is made of the ligaments that hold the shoulder bones to each other. When the capsule becomes inflamed and tighter, the shoulder bones are unable to move freely in the joint.

What are the possible causes?

- Primary – no known cause
- Secondary – due to a disease process
 - Systemic - diabetes
 - Intrinsic (the shoulder) – arthritis
 - Extrinsic (not the shoulder) – stroke



How does physical therapy treat it?

- Range of motion – pendulum, active, passive, cane
- Stretching – capsule and rotator cuff muscles
- Strengthening – in pain-free range and back muscles
- Manual therapy – mobilization, stretching, massage
- Postural awareness and education
- Modalities – TENS, cold laser

