

Frozen Shoulder

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Objectives

- ▶ Define what a frozen shoulder is and the anatomy that makes up the glenohumeral joint.
- ▶ Identify the different stages of a frozen shoulder and what happens within those 3 different stages.
- ▶ Know the different types of treatments for adhesive capsulitis

What does Frozen shoulder mean?

- ▶ Frozen shoulder, also known as adhesive capsulitis is a condition characterized by stiffness and pain in your shoulder joint. Signs and symptoms typically begin gradually, worsen over time and then resolve, usually within 1 to 3 years.
 - Your shoulder is made up of three bones that form a ball-and-socket joint. They are your upper arm (humerus), shoulder blade (scapula), and collarbone (clavicle). There's also tissue surrounding your shoulder joint that holds everything together. This is called the shoulder capsule.
 - With frozen shoulder, the capsule becomes so thick and tight that it's hard to move. Bands of scar tissue form and there's less of a liquid called synovial fluid to keep the joint lubricated. These things limit motion even more.



Symptoms of Frozen shoulder

- ▶ Loss of ROM
- ▶ Stiffness
- ▶ Dull achy pain
- ▶ Trouble sleeping at night

1

Freezing stage

Slight pain, ROM gets worse over time, you're limited in how far you can move your shoulder.

2

Frozen stage

Pain can be better, but stiffness is a lot worse, moving the shoulder is harder which makes doing daily activities more difficult.

3

Thawing stage

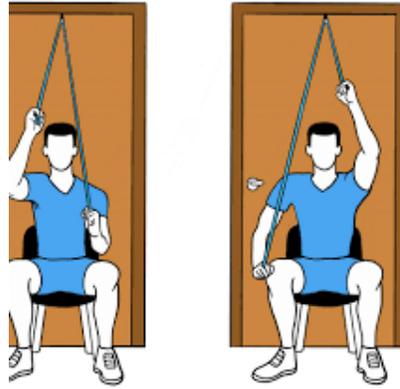
ROM starts to get back to normal but must maintain ROM to prevent freezing of the shoulder again in the future.

3 stages of a frozen shoulder

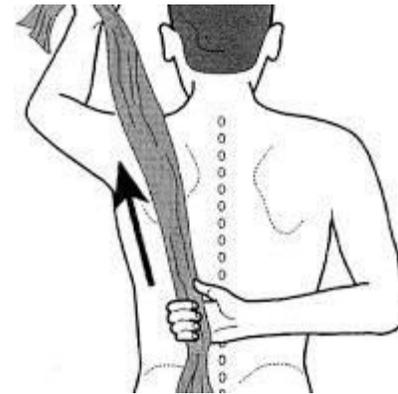
Treatment goals to relieve pain

- ▶ **Physical therapy**→ PT will help you gain the ROM back that you lost due to the stiffness of your shoulder
- ▶ **Medications**→ if there is a lot of inflammation, the doctor may prescribe an anti-inflammatory to help decrease the swelling that may be causing you pain.
- ▶ **Surgery**→ if the patient has a severe case of adhesive capsulitis (AC) the doctor may recommend closed manipulation if other methods of relief have failed. This procedure can relieve pain and stiffness for some patients. In others, there is still some pain and swelling in the shoulder joint. If the closed manipulation is not successful, you may need arthroscopic surgery.
- ▶ **Injections**→ Injecting corticosteroids into your shoulder joint may help decrease pain and improve shoulder mobility, especially in the early stages of the process.

Exercises for a frozen shoulder



Pully System



Towel Stretch



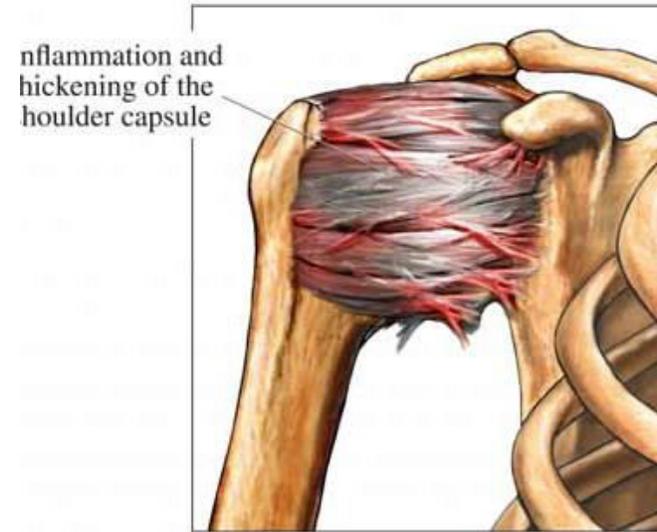
Finger Ladder



Pendulum

How Does Closed Shoulder Manipulation Help Adhesive Capsulitis?

- ▶ During closed manipulation, the doctor moves the arm at the shoulder joint. This is done to break up adhesions and loosen the stiff joint. The goal of the procedure is to improve range-of-motion by breaking up scar tissue.



Adhesive Capsulitis of Shoulder

Normal shoulder



Frozen shoulder



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