



# Understanding Frozen Shoulder

## A Patient Information Pamphlet

### Introduction :

We are providing you with important information about Frozen Shoulder. Please read this information sheet carefully and feel free to ask any questions or seek clarification from us.



### What is Frozen Shoulder?

Frozen shoulder, also known as adhesive capsulitis, is a condition characterized by pain and stiffness in the shoulder joint. It typically develops gradually and can significantly limit the range of motion in the affected shoulder.

## What are the causes and symptoms?

### Causes

The exact cause of frozen shoulder is often unknown, but certain factors may increase the risk of developing this condition. These include:

- Previous shoulder injury or surgery.
- Prolonged immobility or lack of use of the shoulder joint.
- Certain medical conditions such as diabetes or thyroid disorders.

### Symptoms

Common symptoms of frozen shoulder include:

- Pain or stiffness in the shoulder joint, particularly with movement.
- Difficulty raising the arm or reaching behind the back.
- Gradual onset of symptoms over time.
- Pain that may worsen at night.

## Treatment Options :

Treatment for frozen shoulder typically involves a combination of conservative measures and, in some cases, medical interventions. These may include:

- Physical therapy to improve shoulder mobility and strength.
- Pain-relieving medications.
- Corticosteroid injections to reduce inflammation and alleviate pain.
- Joint distension (hydrodilatation) to stretch the shoulder capsule and improve range of motion.
- Manipulation under anesthesia to break up adhesions and restore mobility.



## Managing and Preventing Frozen Shoulder:

To manage and prevent frozen shoulder, consider the following tips:

- Practice gentle stretching exercises to maintain shoulder mobility.
- Avoid activities that may exacerbate symptoms or cause further injury.
- Use heat packs or ice packs to reduce pain and inflammation as needed.
- Follow your healthcare provider's recommendations for treatment and rehabilitation.
- Maintain a healthy lifestyle and manage any underlying medical conditions that may contribute to frozen shoulder.

**If you have any questions or require further clarification, please do not hesitate to reach out to us.**

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