Physiotherapy Department

Frozen Shoulder

What is a frozen shoulder?

A frozen shoulder, or adhesive capsulitis, is a painful condition which can happen without any injury or reason. It can also occur after an injury, surgery or a period of immobility. It is most common in people over the age of 40 and people who are diabetic are also more susceptible. The shoulder joint is encased within a joint capsule which is normally large and loose, it allows the shoulder joint to move freely. In a frozen shoulder the capsule becomes thickened and inflamed which causes the shoulder to become painful and stiff. The onset of symptoms is usually gradual and the duration can vary from a few months up to 1-2 years.

A Frozen shoulder will usually have three phases

1) Freezing: Pain develops and this can be severe and disturb sleep
2) Frozen: Pain eases but the shoulder is very stiff
3) Thawing: Gradually movement returns

How can you help?

Frozen shoulders can get better in time without any treatment. There are things that can help with the pain and to maintain or improve your shoulder movement. These include pain relief and gentle exercises, you may be referred for a course of physiotherapy.

If the pain bothers you and especially if it affects your sleep, try some simple measures to control the pain.

- Medications can be taken to help ease the pain and inflammation. Ask your GP or local pharmacist for advice.
- If pain troubles you at night, try resting your arm on a pillow.

Use of Heat and Ice

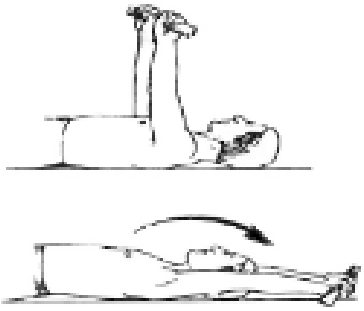
The use of heat can help with pain and muscle relaxation. Use a warm water bottle, or microwavable wheat bag, following the instructions provided when you purchased it. To protect your skin from heat burns, wrap the item in a few layers of towel. Leave in place for 10-15 minutes. It can be reapplied after 2 hours if you wish.

The use of ice can help with pain and inflammation. Use crushed ice cubes or a bag of frozen peas. Protect the skin from an ice burn by placing the ice pack in a wet towel. Leave in place for 10-15 minutes. It can be reapplied after 2 hours if you wish. It's normal for the skin to become pink with either heat or ice, however if you experience discomfort or a burning sensation remove the item immediately. Don't apply heat or ice packs if you have poor skin sensation or poor circulation, if you are diabetic or over areas of infection.

compassionate care

Exercises for restricted movement

For any shoulder stiffness, exercises will help to increase the circulation to the area, mobilise scar tissue and help you to obtain the best possible function. If pain is an issue, stretch up to the threshold of pain and use controlled rather than rapid movements. If you are taking pain relief wait until it has taken effect before exercising. Use heat or ice afterwards if aching persists.
There is no point in forcing movements through pain as it will not be effective and will only increase pain severity and make it harder to repeat the exercise later. If you do overdo it, don't be anxious. Use your pain control then resume the exercises more gently.



Lie on your back, holding a pole in both hands.
Raise both hands overhead until you feel a stretch.

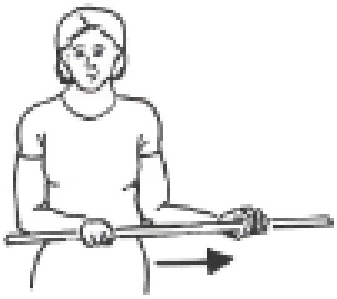
10 repetitions twice a day



Picture courtesy of Physiotec

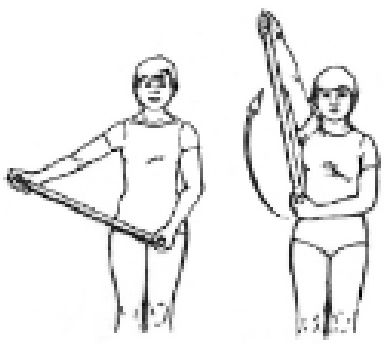
Sit at a table.
Place both hands on a towel and slide the towel away from you.

10 repetitions twice a day



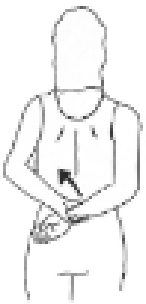
Stand with your elbows bent to 90º and hold a pole in front. Keep your elbows still and push your affected arm away from your body so the arm rotates. You can put a rolled up hand towel under your armpit to reduce cheating movements.
Hold for 5 seconds

10 repetitions twice a day



Stand holding a stick and push your affected arm sideways upwards until you feel a stretch.
Hold for 5 seconds

10 repetitions twice a day



Try to reach your hands up behind your back.

5 repetitions twice a day



Picture courtesy of Physiotec

Place your hands at shoulder width apart on a towel on the wall in front of you.
Slide your hands up the wall until you feel a gentle stretch or an ache.

10 repetitions twice a day



Picture courtesy of Physiotec

Stand with affected arm against the wall. Push your wrist outward while keeping the elbow at your side.
Hold for 10 seconds
You can use the opposite arm to resist movement at wrist level instead of pushing against the wall.

5 Repetitions twice a day

Physiotherapy Website

http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/

Scan the QR code to take you to our website.

If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Department
Huddersfield Royal Infirmary

Telephone: 01484 342434

MSK Physiotherapy Admin Office: 01484 905380

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਬਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਬਿਜਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"