

## Hunter Hand & Upper Limb Therapy

Providing specialised treatment for:

- Impingement
- Rotator cuff disease
- Instability
- Frozen shoulder
- Osteoarthritis
- Postural dysfunction
- Dislocations
- Fractures
- Carpal tunnel syndrome
- DeQuervain's tenosynovitis
- Mallet finger
- Tendon injuries
- Overuse injuries
- *Plus general physiotherapy*



*“Shoulders, elbows and hands  
are our business”*



**Frozen Shoulder**

*Information  
brochure*



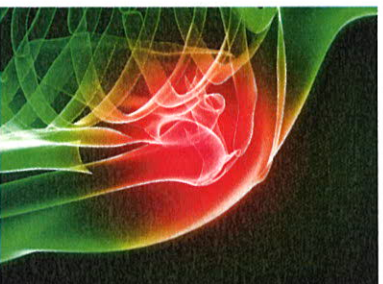
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## What is frozen shoulder?

Frozen shoulder or adhesive capsulitis is a condition that results in thickening and contracture of the joint capsule. We do not fully understand why it occurs but it is slightly more commonly in women than men. It usually affects the 40-65 year age group and is about 4 times more common in people with diabetes.

Frozen shoulder starts as a painful shoulder and gradually progresses to becoming stiff. Eventually the pain and then the stiffness resolve but this may take a period of many months. Left untreated it may last up to 2 years and some people are left with some lasting restriction of movement.

It is not uncommon to get a frozen shoulder in the other shoulder at some time in the future.



## How is frozen shoulder diagnosed?

Frozen shoulder can be very difficult to diagnose in its early stage and sometimes it is confused with other painful shoulder conditions. The key feature is that there is pain at the end of shoulder range of movement. Examples of this include:

- Reaching into the back seat of the car
- Reaching for a wallet from a back pocket
- Doing up a bra

Typically people have severe pain with rapid or ungarded movements.

## What are the treatment options?

Treatment is aimed at restoring normal range of movement and minimizing stiffness together with managing the pain as best as possible.

This includes:

- Use of heat
- Passive stretching exercises including a home stretching programme

Exercises that involve resistance tend to aggravate this condition, particularly in the early stages.

We are pleased to help you as much as possible overcome this painful and unpleasant condition and physiotherapy is vital to both your understanding of the condition and assisting you with your exercises.

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