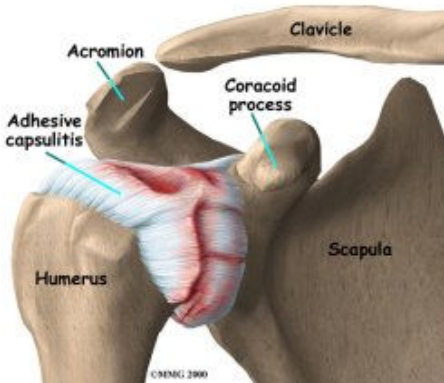


Adhesive Capsulitis (“Frozen Shoulder”)

Frozen shoulder, also known as “adhesive capsulitis”, is a condition which restricts the ability to move the shoulder. Frozen shoulder is the result of inflammation, scarring, and thickening of the rotator cuff. Shrinkage of the capsule surrounding the shoulder joint may also lead to this condition. It usually affects one shoulder, but approximately one in five people can experience both shoulders being restricted. Frozen shoulder is extremely uncommon amongst young people. Typically individuals between 40-70 years are affected by this condition. Approximately 3% of the population will be affected, with slightly higher incidence amongst women, and is five times more common in diabetics.

- Anatomy



- Mechanism of Injury

- Any injury to the shoulder can lead to frozen shoulder; including tendonitis, bursitis, and rotator cuff injury. These injuries can cause formation of scar tissue, leaving decreased room for the humerus to move, restricting the movement within the joint
- Hormonal changes may also be responsible for the higher incidence among women, particularly due to the increased occurrence around the menopausal period

- Treatment

- Manual Therapy to shoulder joint
- Joint Mobilizations to shoulder joint
- Posture/Body Mechanics
- Therapeutic Exercise/Pilates focusing on strengthening scapular stabilizers, regaining shoulder range of motion, and proper shoulder biomechanics
- Ultrasound
- Ice and Electric Muscle Stimulation
- Home Exercise Program