

## How does frozen shoulder happen?

The causes of frozen shoulder are not fully understood.

Over time, the shoulder capsule thickens and stiff bands of tissue—called adhesions—develop. It becomes painful and more difficult to move your shoulder.

A few factors may put you more at risk for developing frozen shoulder.

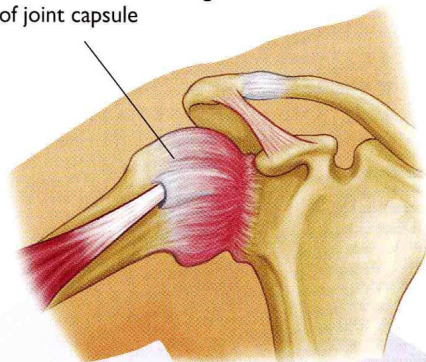
**Age.** People 40 to 60 years old are more likely to develop frozen shoulder.

**Immobilization.** If your shoulder has been immobilized for a period of time—whether from surgery or injury—you may be at risk.

**Diabetes.** People with diabetes are more likely to develop frozen shoulder. The reason for this is not known.

**Other disease.** Some diseases associated with frozen shoulder include hypothyroidism, hyperthyroidism, Parkinson's disease, and cardiac disease.

Adhesions and scarring of joint capsule



## How is frozen shoulder treated?

Over time, frozen shoulder will get better on its own.

Simple treatments can help control pain and restore motion.

**Non-steroidal anti-inflammatory medicines.** Drugs like aspirin and ibuprofen reduce pain and swelling.

**Steroid injections.** Cortisone is a powerful anti-inflammatory medicine that is injected directly into your shoulder joint.

**Physical therapy.** Specific exercises will help restore movement and strengthen your shoulder. Physical therapy is most often the key ingredient in treating frozen shoulder.

### Rehabilitation



Whether your treatment involves surgery or not, rehabilitation plays a vital role in getting you back to your daily activities.

Your doctor may suggest you work with a physical therapist to regain strength.

Frozen shoulder rarely requires surgery.

If your symptoms do not respond to all other treatments, your doctor may recommend it.

The goal of surgery for frozen shoulder is to stretch and release the stiffened joint capsule.

**Manipulation under anesthesia.** During this procedure, you are put to sleep. Then the doctor forces your shoulder to move, which causes the capsule to stretch.

**Arthroscopy.** Your doctor will cut through tight portions of the joint capsule. This is done using pencil-sized instruments inserted through small incisions around your shoulder joint.

Your therapist may also teach you to use ice and heat treatments to help manage your pain. If stiffness in your shoulder makes exercise difficult, your therapist may use nerve blocks to limit pain and allow for more aggressive therapy.

Expect a complete recovery to take several months. Although it is a slow process, your commitment to therapy is the most important factor in returning to all the activities **you enjoy**.



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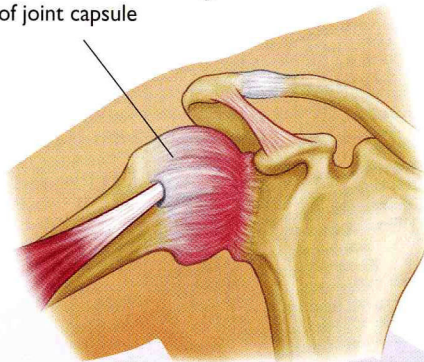
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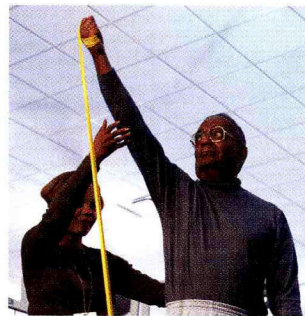
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