

Frozen Shoulder

Current Trends in Management



A presentation of
Bourassa & Associates Rehabilitation Centre

Bourassa & Associates Rehabilitation Centres

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Fort Qu'Appelle - All Nations Healing Hospital(306) 332-5055

Imperial - 310 Royal Street, Town Office Bldg(306) 963-2060

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North Battleford - 982 102nd St, LifeTime Fitness(306) 445-9200

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Regina - #5 5875 Rochdale Blvd (Rochdale Crossing)(306) 546-3210

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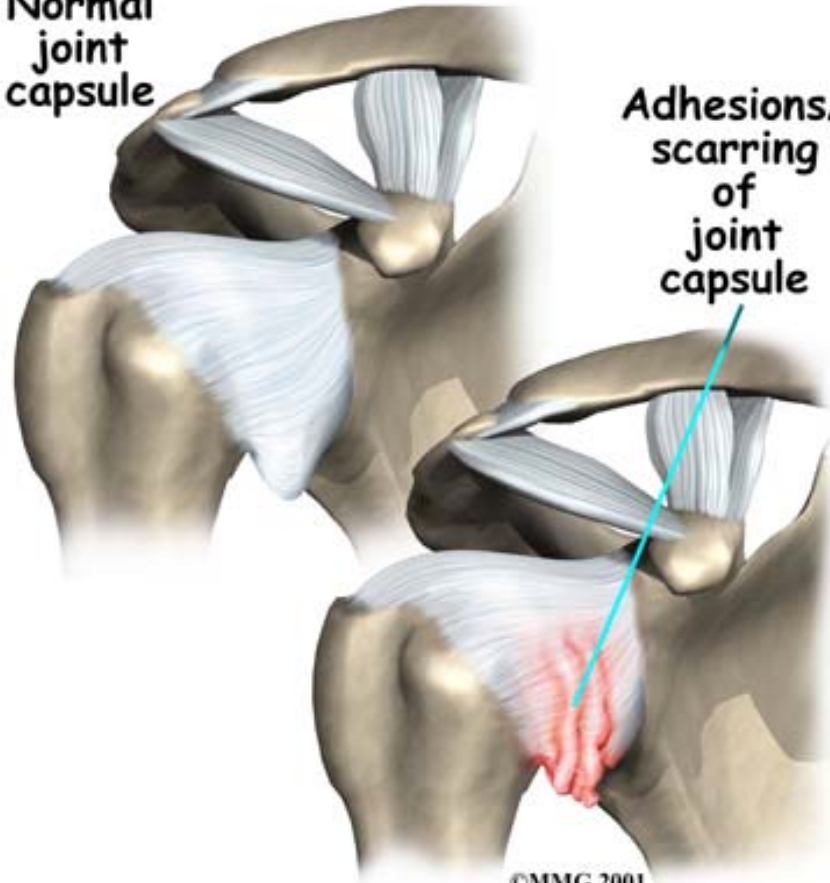
Watrous - 403 Main St, Dr Office on Main St(306) 946-2074

Wynyard - 218 Bosworth St(306) 554-2046

What is Frozen Shoulder

- Frozen shoulder is adhesive capsulitis.
- Restriction of motion in the shoulder joint.
- Frozen shoulder causes the capsule (loose bag) surrounding the shoulder joint to tighten, becoming like cling wrap.

**Normal
joint
capsule**



**Adhesions/
scarring
of
joint
capsule**

What causes frozen shoulder?

- Most often, frozen shoulder occurs with no injury or obvious cause.
- After an injury to the shoulder
- Some risk factors for developing a frozen shoulder include:
 - Age - 40 to 60 years old
 - Gender - twice as common in women than in men.
 - Endocrine Disorders – glands that secrete hormones – diabetes, thyroid conditions
 - Shoulder injury or Surgery - followed by prolonged joint immobilization

What are the typical symptoms of a frozen shoulder?

- Shoulder pain - usually a constant dull, aching pain.
- Limited movement of the shoulder.
- Difficulty with end of range activities such as brushing hair, putting on shirts/bras.
- Pain when trying to sleep on the affected shoulder.

What are the stages of a frozen shoulder?

- **Painful/Freezing Stage**
 - Most painful stage.
 - Constant pain
 - Inflammation
 - Lasts 6-12 weeks.
- **Frozen Stage**
 - Less pain
 - More stiffness
 - Lasts 4-6 months.
- **Thawing Stage**
 - Gradual gain in motion of time.
 - Can last more than a year.

What tests are needed to diagnose a frozen shoulder?

- Clinical examination
- An x-ray – no injury or arthritis

What is the most effective treatment?

- Steroid injection if caught in first 10 days.
- Ice and heat
- Cyclical physical therapy mobilization – 4 weeks on/4 weeks off.
- Specific shoulder exercise
- 80% improve
- 20% need special treatment

Manual Therapy



Exercise



Special Treatments

- Manipulation under local anesthetic
- Manipulation under regional anesthetic
- Manipulation under general anesthetic with release of capsule.

Frustrations of a Frozen Shoulder

- Seems nothing is helping.
- Numerous myths.
- Expensive.
- Aborted treatment.
- Can be permanently disabling.
- Can spontaneously recover.

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Frozen Shoulder Management

- Assessment to confirm.
- Education on natural history.
- 4 week on 4 week off treatment – most cost effective.
- No magical cure.
- 105 degrees and in second phase – 4 months – consider manipulation under local anesthetic.
- Only treat enough to make a difference compared to time alone.

Coverage for Physical Therapy

- Group Insurance – 90% of people are covered.
- Work injury insurance.
- Car accident insurance.
- Self pay.