

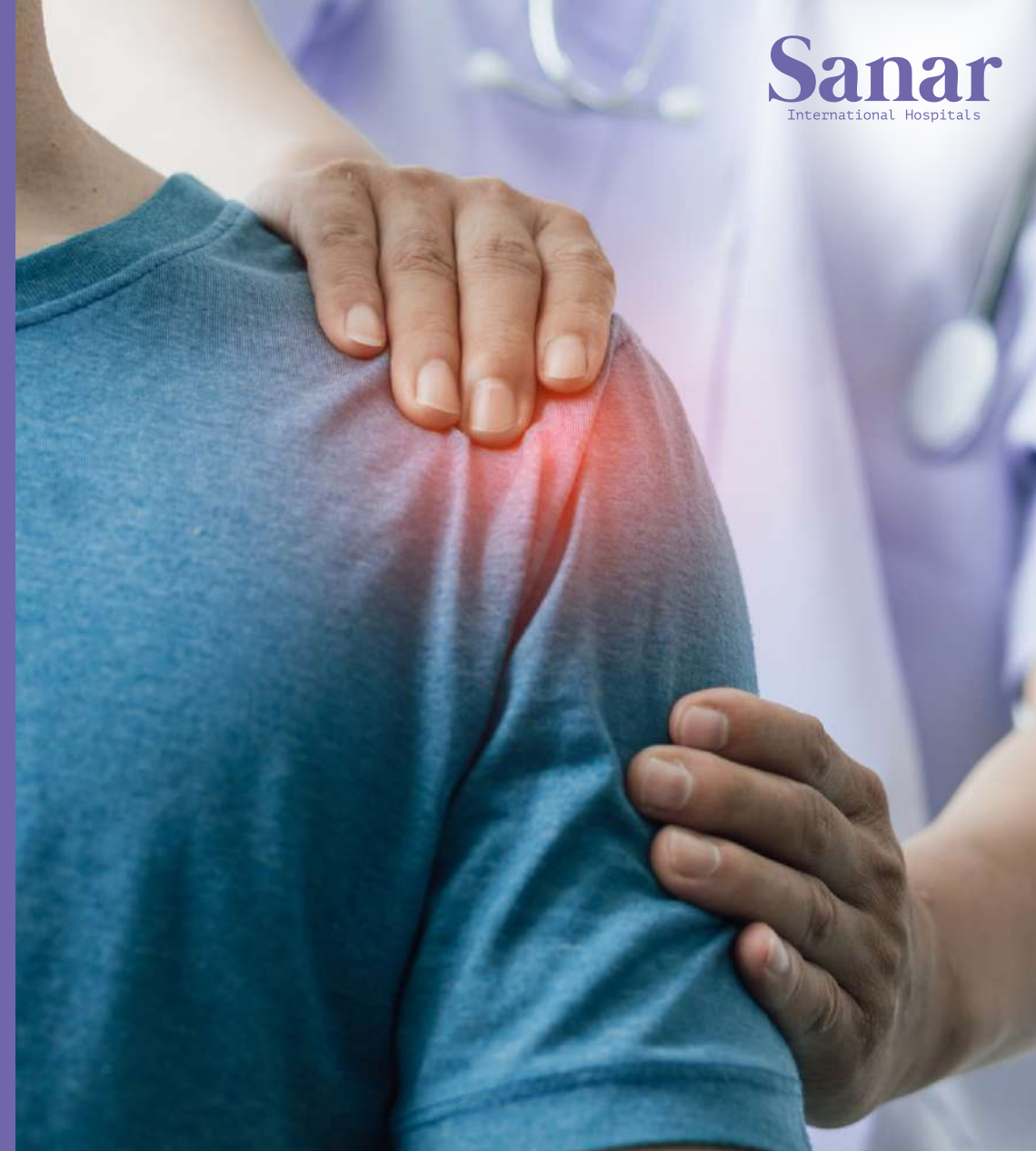
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Understanding
Frozen Shoulder



What is Frozen Shoulder?

Frozen Shoulder, also known as Adhesive Capsulitis, is a condition characterised by pain and stiffness in the shoulder joint. It usually develops gradually and can limit the range of motion in the shoulder joint. The condition often affects people between the ages of 40 and 60 years and is more common in women than in men.

Causes

The exact cause of Frozen Shoulder is not always clear, but several factors may contribute to its development:

- **Inflammation:** Inflammation of the joint capsule, a connective tissue that surrounds the shoulder joint, can lead to the development of scar tissue
- **Immobility:** Prolonged immobility or lack of use of the shoulder, such as post surgery or injury, can increase the risk of developing Frozen Shoulder
- **Medical Conditions:** Certain medical conditions such as Diabetes, Cardiovascular Diseases and Thyroid Disorders, may increase the likelihood of developing Frozen Shoulder
- **Injury:** Previous shoulder injuries or surgeries can contribute to the development of the condition

Symptoms

- **Pain:** Persistent, aching pain in the shoulder that worsens with movement
- **Stiffness:** Gradual loss of range of motion in the shoulder, making it difficult to perform everyday activities
- **Difficulty Sleeping:** Pain and discomfort may interfere with sleep, especially when lying on the affected shoulder

Diagnosis

The healthcare provider will perform a physical examination and may advise to undergo imaging tests such as X-rays or MRI, to confirm the diagnosis of Frozen Shoulder. It's important to provide a detailed medical history, including any previous injuries or conditions to the physician.

Treatment

- **Pain Management:** Non-steroidal Anti-Inflammatory Drugs (NSAIDs) may help alleviate pain and reduce inflammation
- **Physiotherapy:** Gentle stretching exercises and range-of-motion exercises prescribed by a physiotherapist can improve flexibility and reduce stiffness
- **Heat Therapy:** Applying heat to the affected shoulder can help reduce pain and inflammation
- **Joint Distension:** In some cases, the healthcare provider may recommend injecting sterile water into the joint capsule to stretch and expand it
- **Medications:** In severe cases, Corticosteroid Injections may be administered to reduce inflammation
- **PRP Therapy:** It is a concentration of plasma with a greater count of platelets than that of whole blood. Its action depends on the released growth factors from platelets

Self-Care Tips

- **Regular Exercise:** Engage in gentle shoulder exercises as recommended by the healthcare provider or physiotherapist to maintain flexibility
- **Pain Management:** Take prescribed medications as directed and use hot packs as and when needed
- **Rest:** Give the shoulder adequate rest, especially during flare-ups, to prevent further irritation
- **Posture Awareness:** Maintain a good posture to prevent additional strain on the shoulder joint

While Frozen Shoulder can be a challenging condition, with the right treatment and self-care, most people can achieve significant improvement in pain and range of motion. Work closely with the healthcare team to develop a personalised treatment plan that addresses the specific needs.