

Shoulder Adhesive Capsulitis

Normal

Not Normal



Frozen Shoulder

When patients are suffering from frozen shoulder they often have pain on the lateral aspect of their shoulder (deltoid insertion). This condition is characterized by a specific pattern of range of motion loss and can take up to 3 years to resolve.

There tends to be three distinct phase which can each last up to 9-12 months. The phases are called the freezing/painful; phase, the adhesive/restrictive phase and the resolution phase.

The freezing phase is characterized by pain and stiffness around the shoulder joint often with no history of injury. There is nagging, constant pain that is worse at night and does not respond to anti-inflammatories. The adhesive phase is characterized by stiffness rather than pain. There is almost a full loss of external rotation > abduction > internal rotation. The resolution phase is a spontaneous improvement in range of motion.

TREATMENT:

Treatment plans should focus on exercise and manual therapy techniques that improve shoulder movement. Joint mobilization techniques, stretching, passive range of motion and pain relieving modalities as well as, early identification and intervention is essential for successful treatment of frozen shoulder. We have provided range of motion exercise to start and recommend that if symptoms persist longer than 2 weeks to follow up with a Physical Therapist.

Information taken from Orthopedic Physical Assessment Sixth Edition written by David J. Magee

Notes:

1- Shoulder Pendulum - Sets:2 / Repetition:10 / Hold:10



Stand and bend at the waist, holding a table with the unaffected arm, leaving the affected arm hanging. Initiate the movement with the body and slowly rotate your arm in a circular motion, progressively getting bigger, as comfort allows. Repeat in the other direction.

2- Assisted shoulder flexion - Sets:3 / Repetition:20 / Hold:1-2



Lie on your back with knees bent and hold the stick firmly with both hands. Keep your shoulder blades together while you slowly bring the stick over the head as far as possible helping yourself with the good arm. Maintain the position and relax.

3- Assisted shoulder abduction - Sets:3 / Repetition:20 / Hold:1-2



Stand and hold a stick with both of your hands, keeping your arms at your sides. Pull the tip of your shoulders backwards and raise your arm to the side by using the unaffected arm to swing the stick upwards and sideways away from your body. Slowly return to the starting position and repeat.

4- Assisted external rotation - Sets:3 / Repetition:20 / Hold:1-2



Stand holding a stick, keeping your arms at your sides, and elbows bent. Pull the tip of your shoulders backwards and rotate the affected arm away from your body, assisting the movement by pushing the stick with your good arm. Return to the starting position and repeat. Keep your elbow against your body at all times.

5- Assisted shoulder extension - Sets:3 / Repetition:20 / Hold:1-2



Stand and hold a stick behind your back with both hands. Pull the tip of your shoulder backwards and lift the stick up towards your shoulders by bending your elbows. The strongest arm can assist the affected arm. Lower the stick slowly and repeat.