WHAT IS FROZEN SHOULDER?
Frozen shoulder is more common than expected and can be a very painful condition. It is characterized by pain, stiffness and limited movement of the shoulder. It is commonly caused by trauma to the area and any disease or injury that would prevent normal use of the shoulder.

WHO & WHY:
Scar tissue forms around the shoulder joint structures and begin to tighten causing pain and stiffness. This condition tends to affect those between the ages of 40-70 years. Women tend to be affected more than men, especially those in their post-menopausal phase.

There are other conditions which can cause frozen shoulder to set up, such as pre and long standing diabetes, arthritis, stroke and even post-surgical procedures such as a mastectomy (removal of the breast tissue).

WHERE & HOW:
Your diagnosis of frozen shoulder is made by a subjective and physical assessment made by both your doctor and physiotherapist. X-rays may be ordered by your doctor to better make a proper diagnosis.

Where can you find help?
Medical management includes use of non-steroidal anti-inflammatory drugs (aspirin) or you may be directed to the use of corticosteroids (hydrocortisone). Your doctor may prescribe surgery if conservative management (physiotherapy and medication) do not provide sufficient relief.

Healing hands of Physiotherapists...
- Pain management which may include the use of modalities like heat, ice, ultrasound, electrical stimulation, taping
- Exercises to assist in improving your flexibility, strength, posture, functional ability to allow for ease with day to day activities
- Joint mobilization techniques (increases flexibility)
- Relaxation techniques to assist in improving your posture, decreasing your pain, and improving your shoulder mobility.