

# Frozen Shoulder

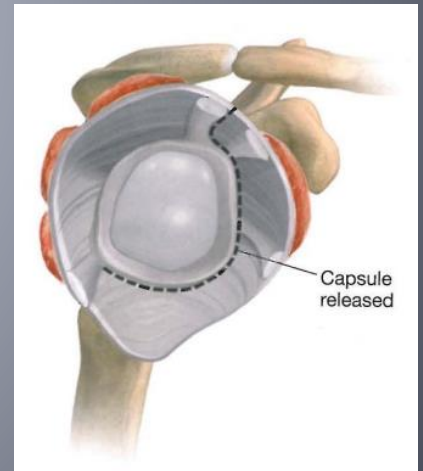
## *(Adhesive Capsulitis)*

### Levy Shoulder to Hand Center



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**LEVY SHOULDER TO HAND CENTER**  
AT THE PALEY ORTHOPEDIC & SPINE INSTITUTE

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# Frozen Shoulder

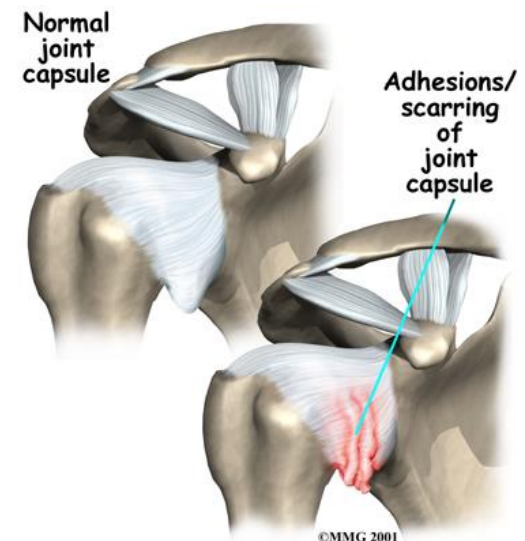
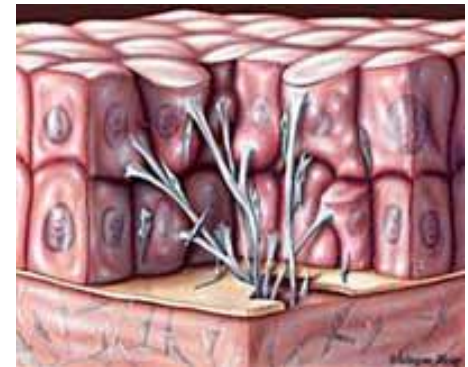
- Symptoms
  - Pain
    - Dull ache
    - Located around the shoulder or upper arm
  - **Loss of motion**
    - Reaching up your back
    - Rotating the arm to the side
  - Difficulty sleeping
  - Pain at the extremes of motion

# Frozen Shoulder

- Affects about 2-5% of the general population
- Populations at risk
  - Ages of 40 to 60 years
  - Women around menopause
  - Diabetes (13% of diabetics)
  - Thyroid disease
  - Following shoulder surgery
- Up to 35% will have it in the other shoulder

# Frozen Shoulder

- What actually occurs
  - Thickening of and contracture of the joint capsule
- Three Stages
  - **Stage 1 – Freezing Stage**
    - Slow onset of pain
    - Gradual loss of motion
    - Lasts from 6 weeks to 9 months
  - **Stage 2 – Frozen Stage**
    - Gradual improvement in pain
    - Stiffness remains
    - 4-9 months
  - **Stage 3 – Thawing Stage**
    - Motion slowly improves towards normal
    - 5 – 26 months.



# Frozen Shoulder

- Xrays are normal
  - Must differentiate Frozen Shoulder from Arthritis

Normal



Arthritis



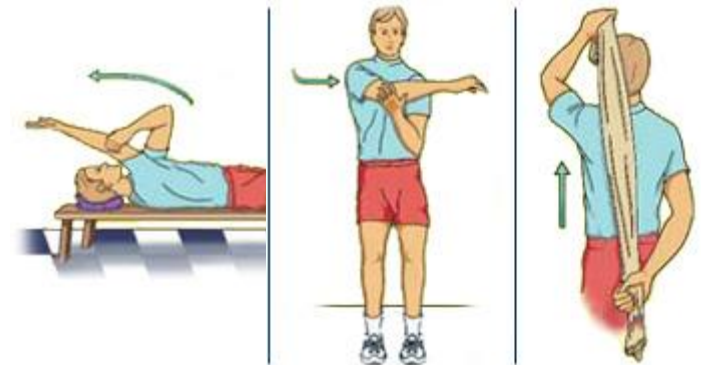
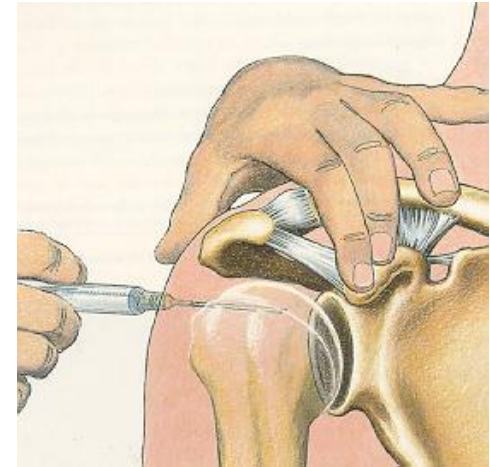
- MRI without evidence of rotator cuff tear
  - May have partial rotator cuff tears
  - Often has inflammation around the biceps tendon

# Frozen Shoulder

- Natural Course
  - Slow improvement over time
  - May take 1-2 years for full resolution without treatment

# Frozen Shoulder

- Non-operative treatment
  - Activity modification
  - Intra-articular cortisone injection
  - Anti-inflammatory medications
  - Stretching program at home
    - 3 times a day
    - Stretch and hold for 30-60 sec
    - Warm, moist heat environment
  - 90-95% success rate



# Frozen Shoulder

- Surgery
  - Manipulation under anesthesia
  - Arthroscopic capsular release

