

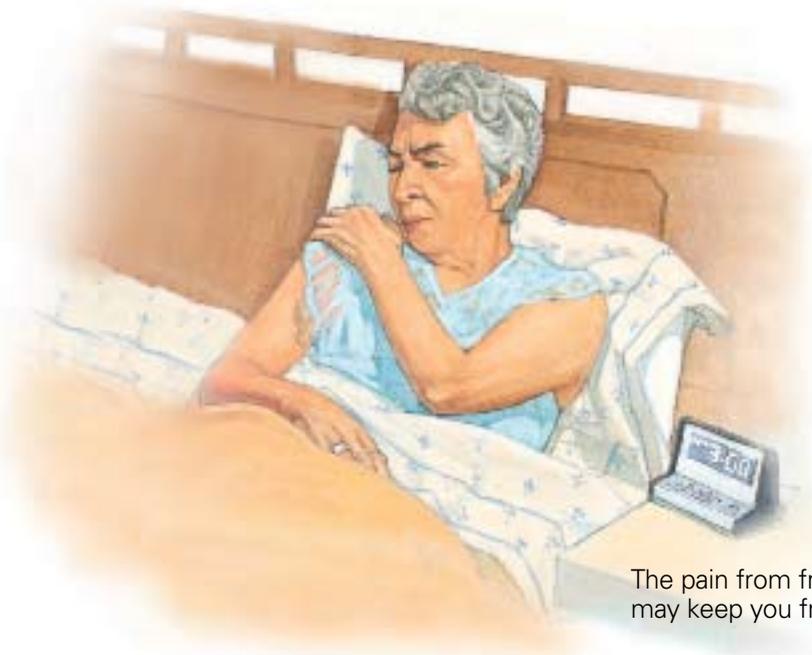
# Frozen Shoulder Surgery



Decreasing Pain  
and Improving  
Flexibility

# Understanding Frozen Shoulder

Have you felt nagging pain and stiffness in your shoulder? If so, you may have frozen shoulder. This problem is sometimes called **adhesive capsulitis**. It is not well understood. But it often improves over time with treatment. This product explains frozen shoulder and your role in getting better.



The pain from frozen shoulder may keep you from sleeping.

## Symptoms of Frozen Shoulder

The first symptom you may have is shoulder pain. You may feel as if you've injured your shoulder. Other symptoms you may have include:

- Increased shoulder pain as you move your arm
- Shoulder pain that keeps you from sleeping
- Shoulder stiffness that makes it hard to get daily tasks done
- An arm that you can't raise or rotate beyond a certain point

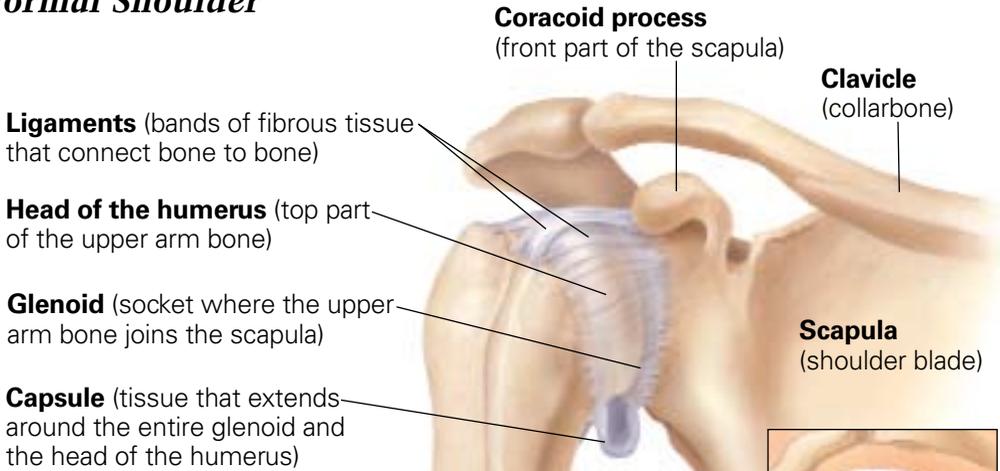
## Who Develops Frozen Shoulder?

Women are more likely than men to have frozen shoulder. This problem also occurs more often in women who are at least in their 40s. In some cases, people who have injured their shoulder may later develop frozen shoulder.

# About Your Shoulder

Your shoulder is a joint that is made up of many parts. They help you raise, rotate, and swing your arm. But if you have frozen shoulder, certain parts of the shoulder joint contract (shrink and pull in). This often causes pain and stiffness when you try to move your arm.

## Normal Shoulder



## Frozen Shoulder



## Diagnosing Frozen Shoulder

To diagnose frozen shoulder, your doctor will ask about your symptoms and health history. He or she will also check your range of motion. This is done by gently raising and rotating your arm to see how well it moves or if moving the arm is painful.

Next, **x-rays** (imaging tests) may be taken of your shoulder. These can help your doctor learn whether something else is causing your symptoms. In some cases, you may have other imaging tests. If your results are normal, you may be diagnosed with frozen shoulder.

# Treating Frozen Shoulder

Doing special exercises is the first way to treat frozen shoulder. You may see a physical therapist who can help you learn to do them. If these exercises don't help, you may need further medical treatment.

## Shoulder Stretches

Doing stretches is often the best way to treat frozen shoulder. Stretching each day can help lessen pain and restore shoulder flexibility. But it often takes time before you notice results. Try to be patient.

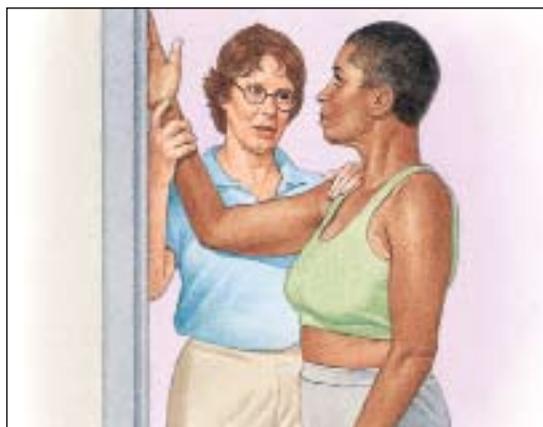
To warm up, do the "pendulum." While standing, let the hand on your frozen side dangle freely as you hold the back of a chair with your other hand. Slowly make circles and side-to-side motions with the frozen arm.



The pendulum exercise can help you get ready for your stretches.

## Physical Therapy

Your doctor may refer you to physical therapy. This hands-on care helps you learn how to do stretching exercises at home. A physical therapist may also work on restoring your shoulder flexibility. To do this, he or she may gently stretch and move your frozen shoulder.



A physical therapist can help you learn shoulder stretching exercises.

## Tips for Shoulder Stretches



Anti-inflammatory medicines can help relieve pain. This may help you do your stretches.

Your doctor can tell you more.



a warm shower or bath just before you stretch.

Mild and moist heat can help loosen your shoulder.

Try taking



A cold or ice pack can limit pain and swelling. Try icing your shoulder for a few minutes after you do your stretches.

## Additional Medical Treatment

If stretches alone aren't helping you enough, your doctor may suggest further medical treatment. But keep in mind that no treatment replaces shoulder stretches. You'll need to start your exercises again as advised by your doctor.

### *Cortisone Injection*

Cortisone is a steroid that helps reduce **inflammation** (swelling and irritation). Cortisone is injected directly into the joint. It won't cure frozen shoulder. But it may offer enough pain relief to help you do your shoulder stretches.

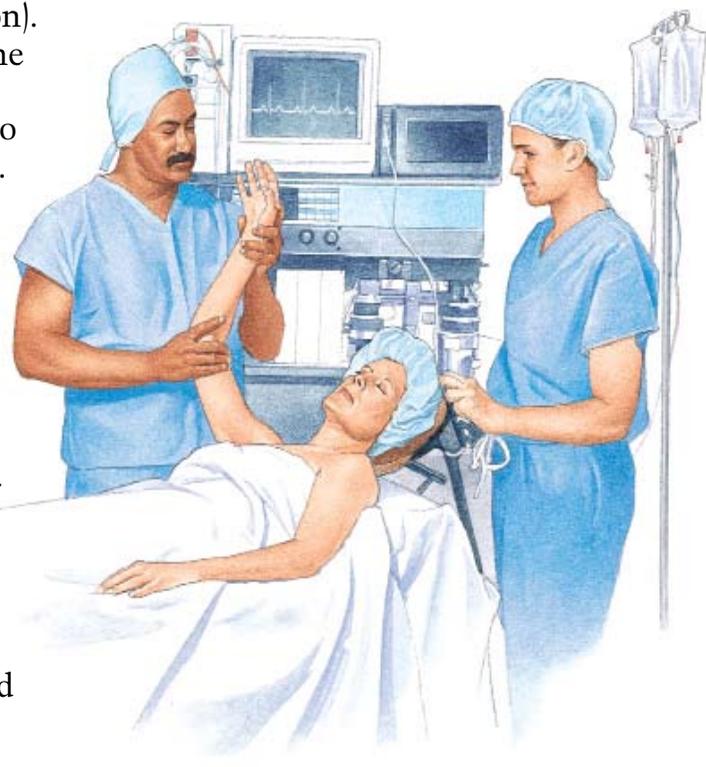
### *Surgical Treatment*

You may have surgical treatment if shoulder stretches alone don't relieve the pain and stiffness. You will be given **anesthesia** (medicine that prevents pain) before the procedure begins. In some cases, both of the procedures described below are done at the same time.

**Manipulation.** Your doctor slowly raises your arm until the capsule and ligaments are freed (released).

**Capsular release.** Your doctor frees the capsule and ligaments through an incision. This may be done if manipulation did not release the capsule. The surgery may be done **arthroscopically** (the doctor makes a few small incisions rather than a single larger one).

You may start doing shoulder stretches soon after manipulation and capsular release—perhaps even the same day. Your doctor will give you all the details.



Arthroscopic capsular release may free the capsule and ligaments (area shown above with dotted line).

# Restoring Shoulder Flexibility

These stretches can help restore shoulder flexibility and relieve pain over time. When stretching, be sure to breathe deeply. And follow any special instructions from your doctor or physical therapist. Work up to doing 3 sets of each of these stretches, 3 times a day. Try to hold each stretch for 30 to 60 seconds.



## *Elevation (Reaching Up)*

1. Raise the hand on the frozen side as high as you can. Then grasp a stable surface, such as a bookcase or a doorframe, with the same hand.
2. Keeping your arm straight, lower your body by bending your knees. Stop when you feel the stretch in the shoulder.

**Note:** Your back should remain straight. To enhance the stretch over time, try to bend your knees lower. Or, raise your arm higher at the start of the stretch.



## *Adduction (Reaching Across)*

1. Put the hand from the frozen side on the opposite shoulder. Your elbow should point away from your body. Try to raise your elbow as close to shoulder height as you can.
2. With your other hand, push the raised elbow toward the opposite shoulder. Avoid turning your head. Stop when you feel the stretch in the painful shoulder.

**Note:** Be sure to push your elbow across your chest, not up toward your chin. Over time, try to push your elbow farther across your chest to enhance the stretch.

**Note:** These stretches may cause discomfort, especially when you first get started. A few months may pass before you achieve the results you want. But once your shoulder heals, it almost never becomes frozen again. So stick to your stretching program. If you have any questions, be sure to ask your doctor.



### ***Internal Rotation (Turning In)***

1. While seated, move the arm on your frozen side toward the middle of your back. The palm of your hand should face out.
2. Cup your other hand under the hand that's behind your back. Gently push your cupped hand upward until you feel the stretch in the shoulder.

**Note:** Keep your back straight. It's OK if your hand can't reach the middle of your back. Instead, start the stretch with your hand as close as you can get it to the middle of your back.



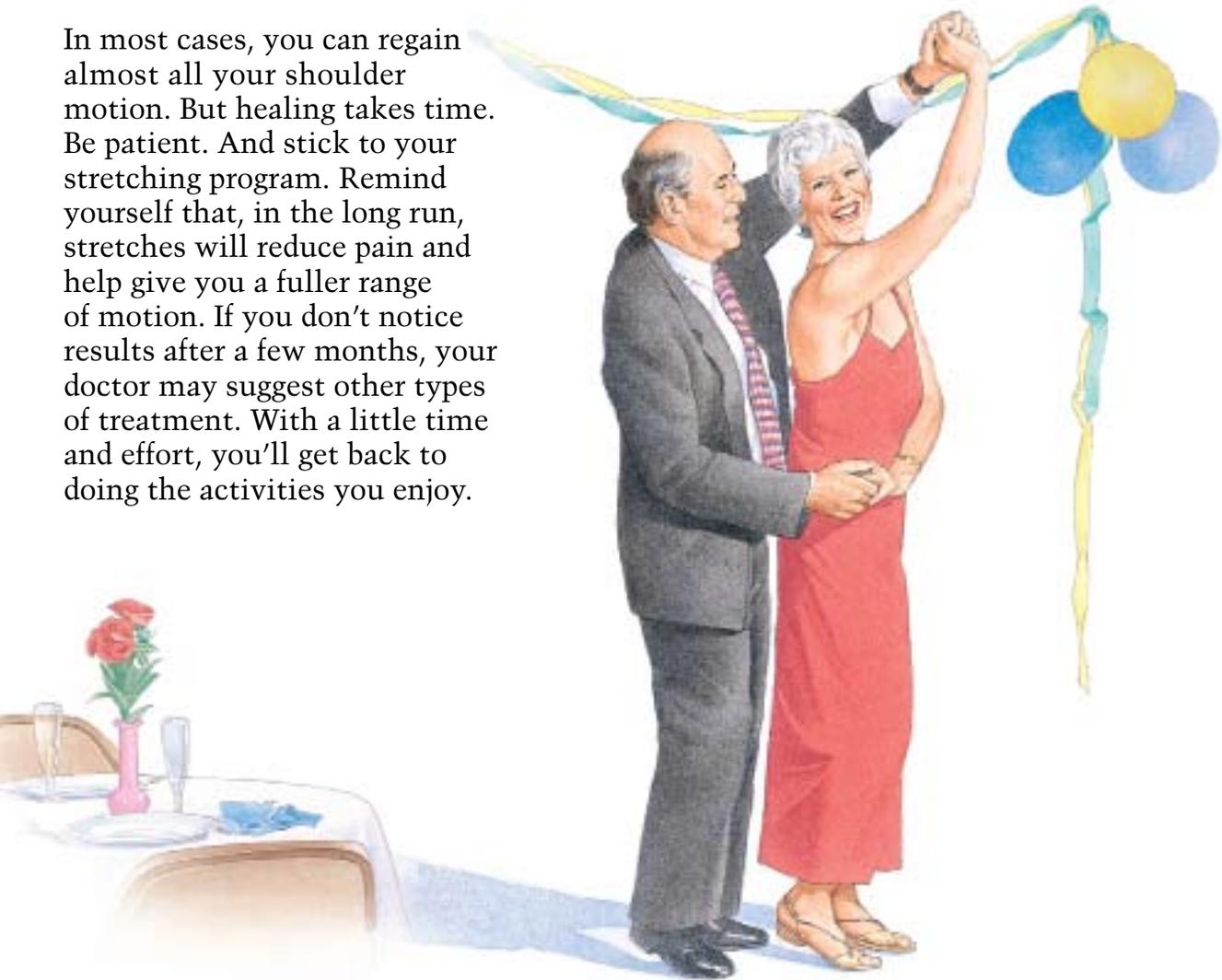
### ***External Rotation (Turning Out)***

1. Stand in a doorway. Grasp the doorjamb with the hand on the frozen side. Your arm should be bent.
2. With the other hand, hold the elbow on the frozen side firmly against your body.
3. Standing in the same spot, rotate your body away from the doorjamb. Stop when you feel the stretch in the shoulder.

**Note:** Keep your arms as still as you can. Over time, rotate your body a little more to enhance the stretch. But be careful not to twist your back.

# A Fuller Range of Motion

In most cases, you can regain almost all your shoulder motion. But healing takes time. Be patient. And stick to your stretching program. Remind yourself that, in the long run, stretches will reduce pain and help give you a fuller range of motion. If you don't notice results after a few months, your doctor may suggest other types of treatment. With a little time and effort, you'll get back to doing the activities you enjoy.



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