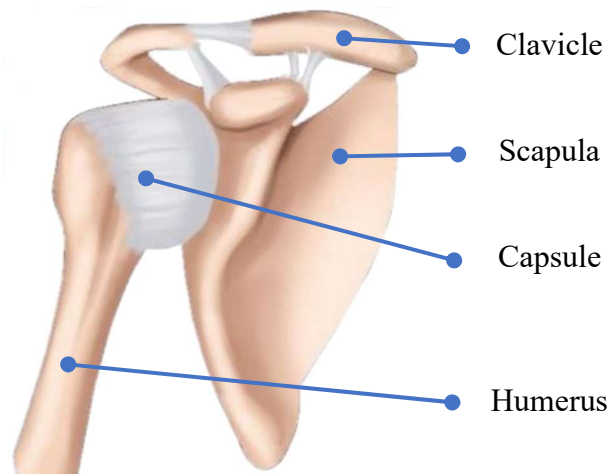


Adhesive Capsulitis (Frozen Shoulder)

Self-care Guide

Introduction



Frozen shoulder is the common name for adhesive capsulitis, which is a shoulder condition that limits your range of motion. When the tissues in your shoulder joint become thicker and tighter, scar tissue develops over time.

It commonly affects people aged between 40 and 60 years, and it is more prevalent in women.

Cause

Health conditions such as diabetes, cardiac disease, hyperthyroidism and hypothyroidism conditions do increase the prevalence of frozen shoulder.

Post-surgery is another potentially preventable cause of frozen shoulder. Patients who are more protective of their arm and avoid post-operative exercises appear more likely to develop frozen shoulder.

Symptoms

Frozen shoulder has three stages, each of which has different symptoms.

Freezing stage	Any movement of your shoulder causes pain, and your shoulder's range of motion starts to become limited.
Frozen stage	Pain may begin to diminish during this stage. However, your shoulder becomes stiffer, and using it becomes more difficult.
Thawing stage	The range of motion in your shoulder begins to improve.

Home care

Acute inflammatory stage:

Rest and ice therapy: when there is redness or hotness, pain at rest or during night time, you should take rest and reduce the affected shoulder movements. You may also apply ice on the wrist for 15 minutes, up to three times per day until symptoms. Improved.



Frozen and Thawing stage:

Cover the shoulder with hot pad ($<45^{\circ}\text{C}$) for 15 min in the morning and at night can help to improve the circulation and relax the shoulder muscle.

Following shoulder mobilisation exercises were suggested.



Pendular exercise



Shoulder flexion exercise in lying



Shoulder abduction exercise in lying



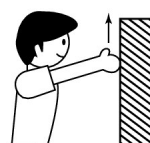
Elevation exercise with stick



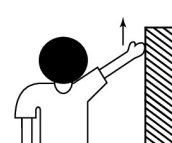
Abduction exercise with stick



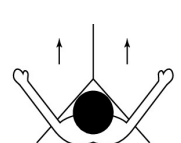
Hand behind back exercise



Crawling fingers



Crawling fingers in abduction position



Scapula retraction exercise