

# DE-ICING FROZEN SHOULDERS



Frozen shoulder is the term commonly used to describe persistent shoulder pain and restricted movement. However, shoulder problems are often misdiagnosed and as with any other joint problem, the success of any treatment depends on correct diagnosis and cooperation between patient and practitioner.

The purpose of this information sheet is to clarify some common misconceptions of shoulder problems.

## **What is frozen shoulder?**

Frozen shoulder refers to reduction in arm movement at the shoulder joint combined with inflammation of the tissues within the joint capsule that surrounds the shoulder. These tissues become thickened and shortened and eventually 'stick' together, hence the medical term, adhesive capsulitis.

## **What are the symptoms?**

Initially, there is progressive limitation of all movements of the shoulder. This may follow a dislocation, prolonged immobilization, and sometimes neck problems (cervical radiculitis). Pain may or may not accompany this, although pain will be felt if you try to exceed the limited movement. This stage is sometimes referred to as the 'freezing' stage. Eventually, the condition might progress until all movement is greatly restricted, the 'frozen' stage. Usually, no pain is felt at this stage. The reverse of this process occurs during recovery, when pain is again experienced but once movement is restored, the pain diminishes.



Early diagnosis is vital because the condition is reversible. Once it has progressed into the adhesive/frozen stage, some persistent restriction may remain. The recovery period varies depending on how long the problem has been there and the severity of it.

### **Cervical Referral.**

When joints become fixated and irritated in the lower part of the neck, pressure may occur on the surrounding nerve fibres. These nerves supply information to the muscles of the shoulder and if these nerves become inflamed, the muscles become spasmed and weakened and movement will become limited. There is no actual damage to the shoulder joint itself and no voluntary decrease in movement will be experienced.

### **Other causes of shoulder pain...**

Obviously, fractures and dislocation will cause pain but, due to the severity of these problems, they are treated at the A & E department in hospitals.

### **Treatment.**

When the cause of the shoulder problem has been established, that it is arising from associated musculoskeletal conditions of the back and neck, appropriate treatment can be initiated. This can range from Chiropractic adjustments and mobilizations, icing, rest, modality use and eventually exercises to improve movement and strength.

How long you decide to benefit from Chiropractic care is, of course, always up to you, but for effective long term results, always follow the Chiropractor's recommendations.

***We Care About the Community***

Please give this to a friend or colleague if you think Chiropractic may help them.

Have them call us on 01276 21637

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