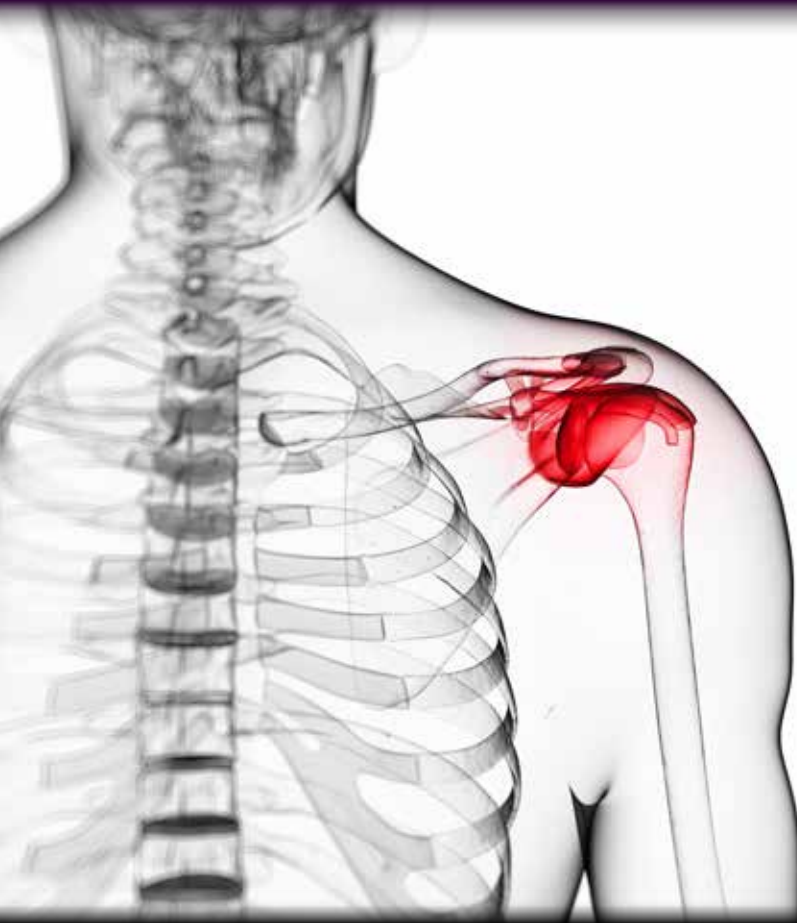




Polyclinics
SingHealth

Frozen Shoulder



*Disclaimer: Please note that the instructions shown are strictly for general information only.
If you have any queries, kindly check with your healthcare provider.*



SCAN ME

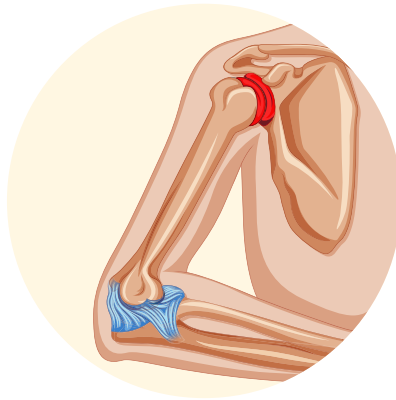


What is frozen shoulder?

Frozen shoulder, also known as adhesive capsulitis, is a condition which the capsule of the shoulder joint becomes inflamed and thickened.

This results in pain, stiffness and restriction of shoulder movement.

It is more common in women between 40 to 60 years old.



What are the common causes of frozen shoulder?




The exact cause is unknown. The condition has been linked to auto-antibodies that attack the joint capsule, resulting in inflammation, adhesion and scar tissue formation.

Many patients may not have an exact cause identified, but some factors may put you at higher risks:

- Previous shoulder injury
- Not moving your arm for a long time, such as after a stroke or cast immobilization
- After surgery such as shoulder reconstruction or mastectomy
- Endocrine disorders such as diabetes mellitus and thyroid problems

C What are the signs & symptoms of frozen shoulder?

The condition may go through several stages as the scar tissue forms. Each stage lasts between 3 to 9 months.

Freezing stage	Frozen stage	Thawing stage
		
Pain is the main symptom. Pain may become more intense over few weeks. It may affect movement and sleep, especially when lying on affected shoulder. In this stage, it may be difficult to tell it apart from other painful shoulder conditions.	Stiffness is the main symptom. Pain gradually lessens but movement becomes more restricted. It may affect your daily activities such as lifting your arm up or reaching behind your back.	Shoulder movement improves gradually as you recover.

D How long does it take to recover?

Frozen shoulder can last from few months to more than 3 years.

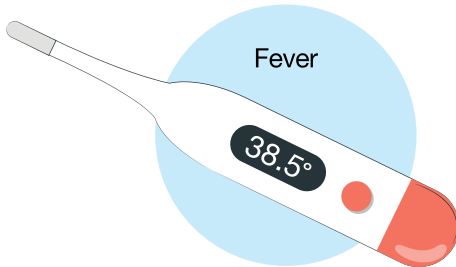
Most people with frozen shoulder recover within 2 years, but up to 15% of patients may have remaining movement restriction or weakness.

It is rare to recur in the same shoulder, but some people can develop it in the opposite shoulder.



You should seek medical attention early if you have...

- Shoulder pain or movement restriction following a fall or trauma
- Shoulder pain with difficulty breathing or chest tightness
- A hot swollen shoulder joint or fever
- Rapid worsening of shoulder pain
- Shoulder pain associated with neck and arm pain
- Unexplained weight loss



Do you need an imaging scan?





Imaging scan is not needed to diagnose frozen shoulder. Diagnosis can be made clinically with history and physical examination.

Your doctor may order an X-ray when necessary to rule out other causes.

Other imaging modalities like ultrasound scan or Magnetic Resonance Imaging (MRI) may be ordered by specialists only if necessary.

What are the treatment options?

Frozen shoulder will have to run its course. The goal of treatment is to reduce pain and inflammation at early stage, and to restore shoulder movement and strength by the end of its natural course.

Medications	Physiotherapy	Injections	Specialist referral
			
<ul style="list-style-type: none">You doctor may prescribe a course of anti-inflammatory medications for symptom relief	<ul style="list-style-type: none">Early exercise and joint mobilization can help improve range of motion of your affected shoulderPhysical modalities such as heat or cold pack, and electrotherapy can help relieve symptoms	<ul style="list-style-type: none">Corticosteroid injections may be used to reduce pain and duration of symptoms in the early stage	<ul style="list-style-type: none">Frozen shoulder usually does not need specialist treatment.Your doctor will only refer you to see a specialist when necessary for further investigation and treatment procedures.



Simple home exercises:

1



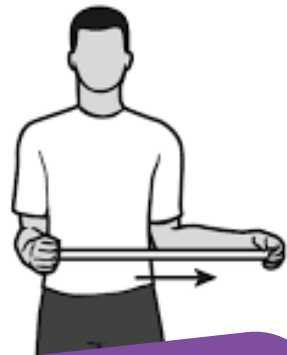
2



3



4



You may perform these exercises 3-5 times a day:

1. Pendulum exercise: **Perform 30 seconds, 3 repetitions**
2. Finger wall climb stretching: **Hold 30 seconds, 3 repetitions**
3. Hand behind back stretching using towel: **Hold 30 seconds, 3 repetitions**
4. Shoulder external rotation stretching: **Hold 30 seconds, 3 repetitions**

[illegible]

Note:

[illegible]