

YOUR GROUP23

PATIENT HEALTH JOURNEY

BECOME AN EXPERT: Frozen Shoulder

Adhesive capsulitis, also known as “**Frozen Shoulder**”, is a condition that can cause severe pain, stiffness, and loss of range of motion. As the condition progresses, the pain worsens and range of motion continues to decline. Internal and external rotation of the shoulder is most significantly affected, while flexion is least impacted. Frozen shoulder occurs when bones, tendons, and ligaments all get encompassed by **capsular thickening** around the shoulder joint and become adherent.

Frozen shoulder evolves through three distinct stages. The first stage is known as the “**freezing**” stage, which is characterized by sharp pain and restricted range of motion.

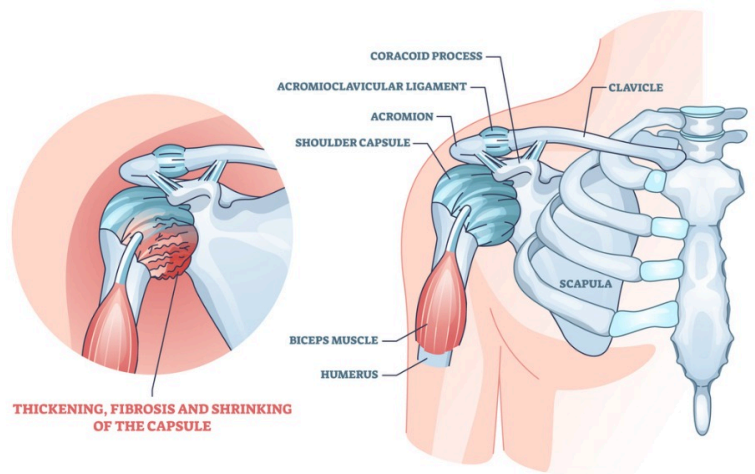
The second phase, referred to as the “**frozen**” phase, is marked by reduced pain, but increased stiffness and further loss of range of motion. Individuals may feel weakness in the affected arm during this phase. The third and final stage, known as the “**thawing**” stage, is characterized by a gradual return of range of motion. Physiotherapy can facilitate a more rapid return of motion at this stage. Frozen shoulder symptoms usually worsen at night and can severely disrupt sleep.

Some of the factors that increase the risk of developing a frozen shoulder are a previous rotator cuff injury or a fracture of the upper arm or shoulder blade. Other medical conditions like diabetes, hyperthyroidism, hypothyroidism, heart disease, and Parkinson's can also increase the likelihood of frozen shoulder. Women over 40 years of age are at the most significant risk of developing frozen shoulder, as are women recovering from mastectomy.

Treatment for frozen shoulders often focuses on **relieving pain** and **restoring range of motion**. The most effective treatment for improving range of motion and reducing symptom duration is physiotherapy. Interventional cortisone injections are also a key component of therapy since pain is the main obstacle to performing range of motion exercises. These injections are most effective intra-articular (inside the capsule covering the ball-socket joint) but are often combined with subacromial (the space beneath the acromion) injections as well. Suprascapular nerve blocks will also be used on occasion. A transcutaneous electrical nerve stimulation (TENS) unit can also provide pain relief, especially at night.

Frozen shoulder can take up to 18-24 months to resolve, but nearly all cases eventually thaw-out. It is uncommon for frozen shoulder to recur in the same shoulder, but some people may experience it in the opposite shoulder. If the condition does not resolve after physiotherapy and interventional injections, arthroscopy of the shoulder may be considered as a final resort.

FROZEN SHOULDER



BECOME AN EXPERT cont'd

Why does this matter?

At Group23, we often see patients frustrated with their symptoms, lack of improvement, and the cost of ineffective treatments, products, and devices. Often the biggest issue we see with a diagnosis is the patient's lack of knowledge of the subject because no one has taken the time to explain what is truly happening! It's not enough to just know the term frozen shoulder; it's important to us that you understand what it means!

Now you know more about frozen shoulder, we can address treatment options that will allow you to re-establish range of motion and re-strengthen the shoulder. No matter where you start, you can get to the point of less pain and improved functionality... **IF** you create good SMART goals, utilize the options in your Toolkit, and commit to working proactively with your Group23 Health Journey team!

Our care philosophy

We see treatment choices as a Patient Health Journey, and we take pride in being on this Journey with you the entire way.

The most crucial part is becoming an expert and creating Rise Above goals specific to you and your lifestyle. Once your Group23 healthcare team understands your destination, we can accurately create a treatment plan that is fit for you!



Check out a free lifestyle assessment, available with the Health & Wellness team!



Surgery is a possibility, but a last resort option in the case of frozen shoulder. We have a whole Toolkit of other options to try first!



Becoming an expert and setting a SMART goal ensures every treatment decision reflects your priorities, not ours!



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