

FROZEN SHOULDER

WHAT IS HAPPENING TO ME?

The structure of your shoulder is normal - there is usually no tear or injury that requires surgery.

It is possible this will affect the other side - usually in around 12 months. The diagnosis is made by clinical examination (GP, Physiotherapist or Surgeon) or MRI scan.

WHAT DO I DO NEXT?

PHYSIOTHERAPY

This gradually stretches the capsule. Over 12 months, most patients get a full range of motion. It is important to take it gently and not make the shoulder sore and prevent you from using the shoulder for everyday activities. Consistent stretching all day, every day within your limits of pain will get you there faster. The tissue is as tight as leather and so needs to be stretched - normal tissue is as light as tissue paper and your tissue will soften to that over time

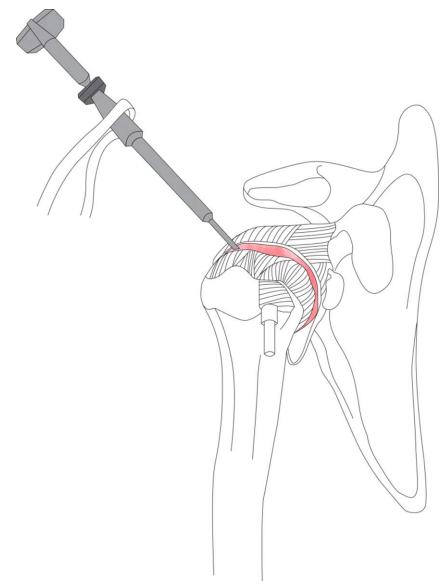
MANIPULATION

Closed

Under a full general anaesthetic, the shoulder is put through a full range of motion. You need at least 2 weeks of physiotherapy after surgery to ensure you retain movement.

Arthroscopic

Through 2 incisions, all the inflamed and scarred tissue is removed via keyhole surgery. You need 2 weeks of physiotherapy after your surgery to ensure you retain movement.



HYDRODILATION

Under xray control, a needle is inserted into the joint and it is filled with fluid, such that it re-expands to rupture the joint capsule. You need 2 weeks of physiotherapy after your surgery to ensure you retain movement.