

FROZEN SHOULDER

PHYSIOTHERAPY

This gradually stretches the capsule. Over 12 months, most patients get a full range of motion.

MANIPULATION

Closed

Under a full general anaesthetic, the shoulder is put through a full range of motion. You need 2 weeks of physiotherapy after your 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.