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Ask the Professionals DIRECTORY

"It's not about your resources. It's about your resourcefulness."

~ Tony Robbins



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Meryl DaCosta B.Sc. (P.T.), B.Sc. (KIN)
Registered Physiotherapist, Clinic Manager

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Q: My doctor diagnosed me with frozen shoulder. What is frozen shoulder and will physiotherapy help?

A: Also known as Adhesive Capsulitis, it is a condition where the tissue surrounding the shoulder joint becomes inflamed and stiff. As the condition persists, adhesions (abnormal bands of tissue) cause restriction of shoulder movement and considerable pain. Pain can be constant and disturb sleep. There is no known cause of Adhesive Capsulitis, but those at risk include individuals with diabetes, stroke, connective tissue disease, heart disease, trauma or lung disease.

The condition progresses through three main stages:

- 1) *The Freezing Phase:* This stage usually lasts anywhere from 3 to 9 months and is characterized by a slow onset of constant pain that is worse at night and at rest. It is also accompanied by a reduction in shoulder movement.
- 2) *The Frozen Phase:* This stage can last from 4 to 9 months and is characterized by a reduction in pain, but stiffness in the shoulder remains.
- 3) *The Thawing Phase:* This stage lasts 5 to 26 months and is characterized by a reduction in pain and a return to normal shoulder range of motion.

Physiotherapy Management of Adhesive Capsulitis in the first stage involves gentle stretching exercises to maintain range of motion and modalities such as heat, TENS and acupuncture to reduce pain. During the second stage, pain management is still the focus, but more aggressive stretching and exercises can be performed to improve mobility. In the third stage the therapy includes pain management and stretching, but there is more of a focus on strengthening and return to function!

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