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Sent: Tuesday, 30 July 2013 12:09 PM
To: Steve
Subject: PHYSIO4ALL E-News: Is Your Shoulder Stuck?

Learn about Frozen Shoulder!! PLUS Special Offer - 10% OFF Metagenics Ultra EPA!!!

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PHYSIO4ALL E-News

Is Your Shoulder Stuck?

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What is Frozen Shoulder?

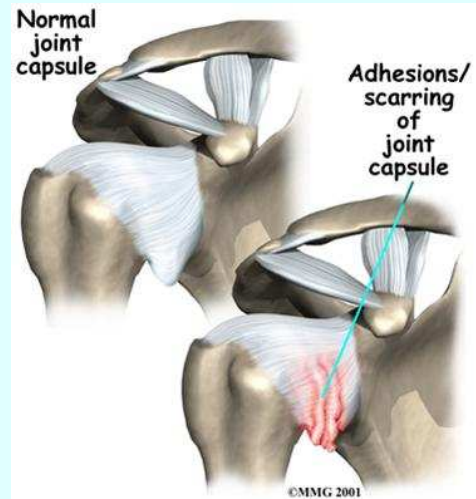
Frozen shoulder occurs when the capsule that surrounds the shoulder joint thickens and becomes tight. Stiff bands of tissue, called adhesions also develop. The main sign of this condition is that it is hard for you to move your shoulder either by yourself or with the help of someone else.

What do we know about Frozen Shoulder?

Little is known about the cause of frozen shoulder and it often occurs with no associated injury.

Some risk factors for developing frozen shoulder include:

- females
- 40-60 year age group
- Diabetics
- Following shoulder trauma and surgery



Stages of Frozen Shoulder

Each person's shoulder goes through specific stages in different time frames:

1. **Freezing**- lasts about two to nine months and is characterised by pain initially in the shoulder followed by a significant loss of movement
2. **Frozen** – displays a plateau of loss of movement lasting for up to 12 months. Pain mainly only at the extremes of movement and at night
3. **Thawing** – Gradual return of movement over 12 to 24 months, with associated weakness due to disuse of the shoulder. This phase is not typically painful

How do we fix it?

- Frozen shoulder does not resolve quickly. Each stage can last from months to years ~2 years
- Treatment is based on what stage your shoulder is going through. This ranges from; muscle releases, acupuncture & cupping, gentle joint mobilisation, heat or cold therapy
- Swimming breaststroke may also be helpful
- You will also have a home exercise program focused on range of motion, stretching and strength exercises

Speak to our physiotherapists today on advice on shoulder injury, or about any concerns. Give us a call on 9922 2212!



Check out our two YouTube videos on Frozen Shoulder:
 Physiotherapy North Sydney: Frozen Shoulder Exercise
 and
 Physiotherapy North Sydney: Frozen Shoulder and
 Shoulder Pain Exercise No.2

PHYSIO4ALL ANNOUNCEMENTS

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