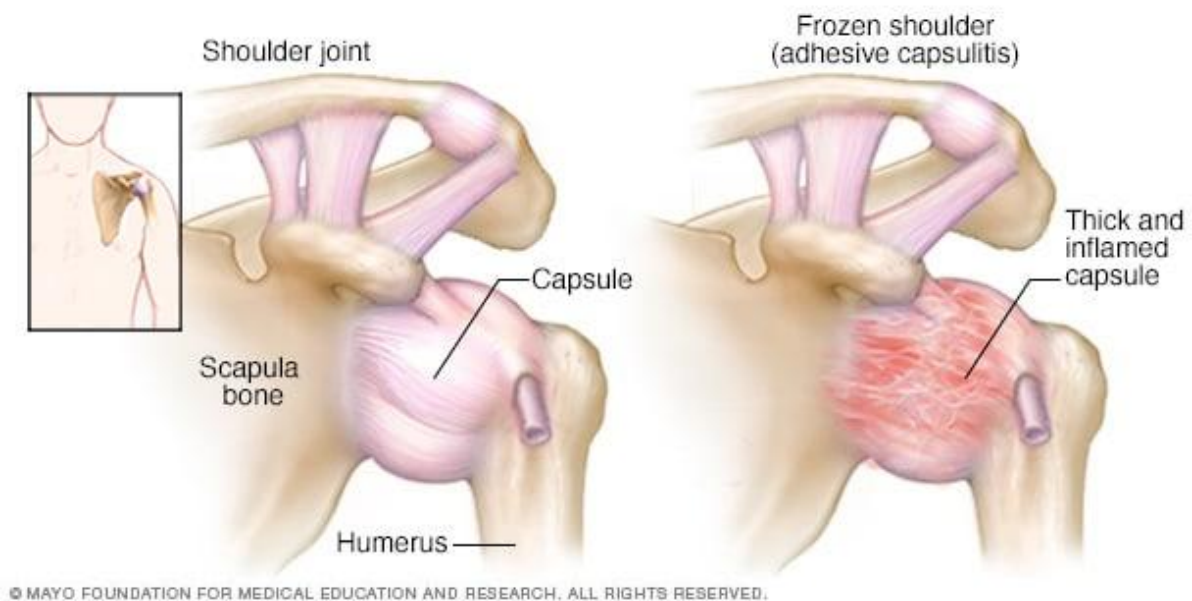


Frozen Shoulder



What is Frozen Shoulder? Frozen shoulder, also known as adhesive capsulitis, is a condition characterized by stiffness and pain in the shoulder joint. It typically develops gradually and can significantly restrict movement. Symptoms may include pain during daily activities, limited range of motion, and discomfort at night.

Treatment Options:

1. Physical Therapy:

- A personalized exercise program can help improve flexibility and strength. Therapists may employ techniques such as stretching and joint mobilization.

2. Medications:

- Over-the-counter pain relievers like ibuprofen or acetaminophen can reduce pain and inflammation. In some cases, your doctor may prescribe stronger medications.

3. **Corticosteroid Injections:**

- These injections can help reduce inflammation and improve mobility in the shoulder joint.

4. **Heat and Ice Therapy:**

- Applying heat before exercises can ease stiffness, while ice can help reduce pain and swelling after activity.

5. **Surgery:**

- In severe cases, surgical options like arthroscopic capsular release may be considered to loosen the shoulder capsule.

Contraindications: While treating frozen shoulder, it's essential to avoid certain practices that may exacerbate the condition:

- **Avoid High-Impact Activities:** Activities that put excessive strain on the shoulder, such as heavy lifting or repetitive overhead movements, should be minimized.
- **Limit Overstretching:** Excessive stretching without professional guidance can lead to further injury and inflammation.
- **Avoiding Cold Weather:** Cold can stiffen joints; it's best to keep the shoulder warm, especially during colder months.
- **Consult Before Exercise:** Always consult your healthcare provider before starting any exercise regimen, particularly if you have other underlying health conditions.

Frozen Shoulder Exercises



PENDULUM STRETCH



CROSS-BODY
ARM STRETCH



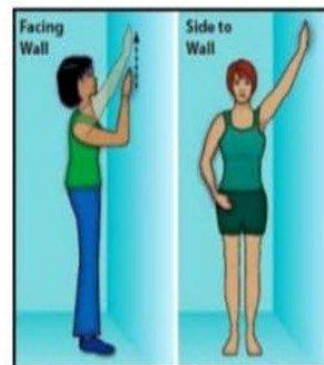
SHOULDER FLEXION



TOWEL STRETCH



Resisted shoulder external rotation



Conclusion: Frozen shoulder can be a challenging condition, but with appropriate treatment and precautions, many individuals can regain their shoulder function. If you're experiencing symptoms, consult a healthcare professional for a tailored treatment plan. Don't let frozen shoulder freeze your lifestyle—take the first step towards recovery today!