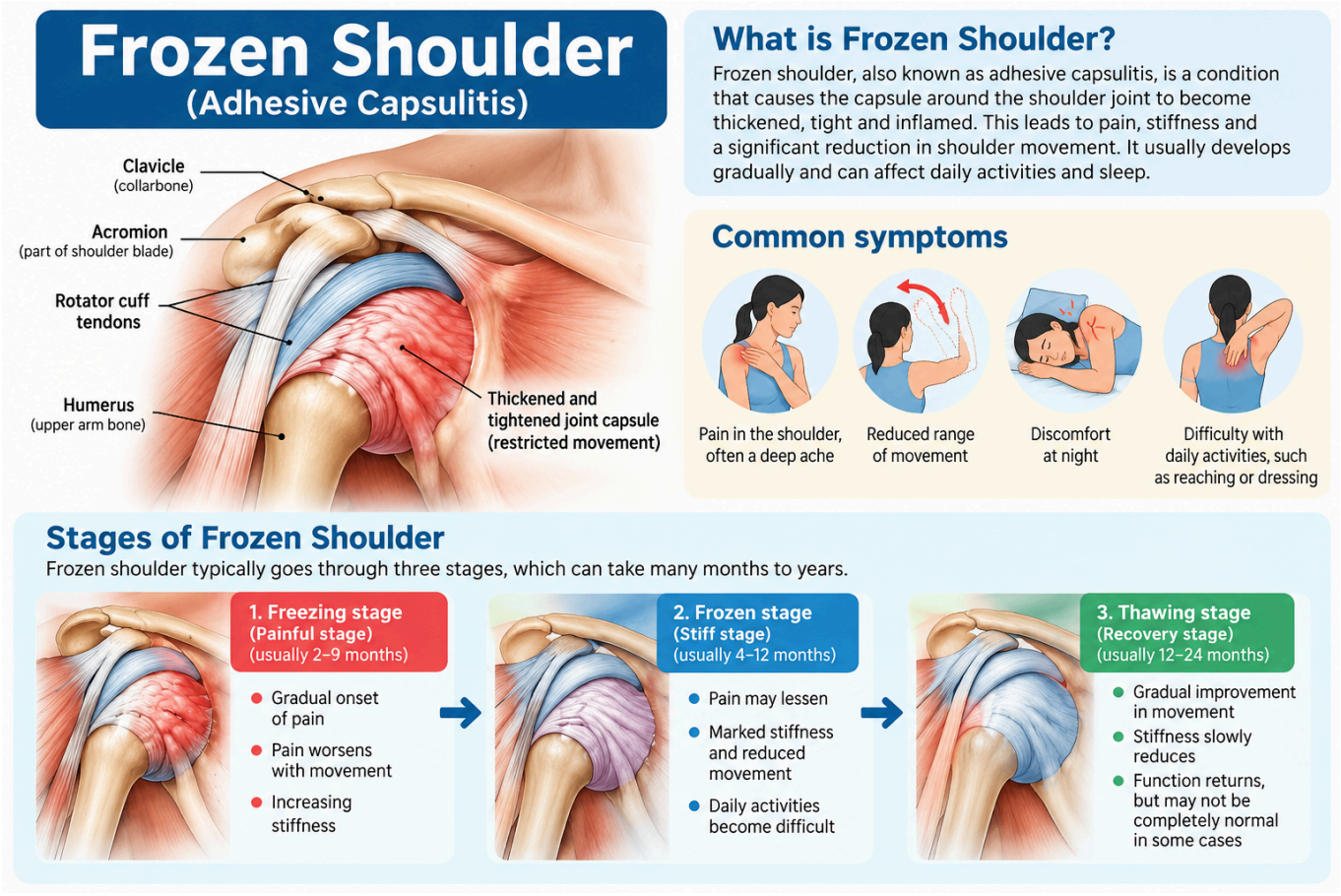
Frozen Shoulder

Understanding shoulder pain, stiffness and movement

Frozen Shoulder

A guide to symptoms, treatment and recovery



Understanding frozen shoulder

The shoulder capsule becomes thickened and tight, causing pain, stiffness and reduced movement. Recovery can take time.

IMPORTANT

Causes and treatment options

Ways to relieve pain and improve shoulder function

Treatment approaches

1. Physical therapy

A personalised programme of stretching, mobility and strengthening exercises can help restore movement. Physiotherapists may also use joint mobilisation.

2. Medications

Over-the-counter pain relief, such as ibuprofen or paracetamol, may help symptoms. Ask your clinician or pharmacist what is suitable for you.

3. Corticosteroid injections

An injection may be considered to reduce pain and inflammation and support improved shoulder movement.

4. Heat and ice therapy

Gentle warmth before exercises may ease stiffness; ice after activity may help with pain or swelling.

5. Surgery

In severe cases, arthroscopic capsular release may be considered when other treatment has not helped.

Exercises and rehabilitation

Gentle movement under professional guidance

Shoulder exercise examples

The original leaflet illustrates these exercises. Ask your physiotherapist which are suitable for your stage of recovery and how often to perform them.



Exercise safely

- Only do exercises recommended for your shoulder.
- Avoid forceful stretching or pushing through increasing pain.
- Progress gently and seek advice if symptoms worsen.

Precautions and next steps

Supporting a comfortable return to daily activities

What to avoid during recovery

High-impact activity and heavy lifting

Reduce strenuous lifting and repeated overhead movements that aggravate your symptoms.

Overstretching

Do not force your shoulder beyond a comfortable range. Excessive stretching can increase pain.

Cold-related stiffness

Keep your shoulder comfortably warm if cold weather makes stiffness more noticeable.

Starting exercise without advice

Consult a healthcare professional before starting a new programme, especially if you have other health conditions.

Key message

With suitable treatment and precautions, many people regain shoulder movement and function. Seek personalised advice if symptoms persist.

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