

## **FROZEN SHOULDER**

What is it? Frozen shoulder or adhesive capsulitis is a condition of the shoulder whereby the patient experiences pain, stiffness and loss of motion. It begins insidiously and slowly typically without any inciting event or trauma. It is a problem caused by a thickening stiffness of the tissues around the shoulder joint.

Who gets frozen shoulder? Though the exact cause for this condition is unknown, those patients who are women in menopause or those people who have diabetes, thyroid disorders, heart disease and Parkinson's disease have a higher incidence of experiencing this condition.

What is the treatment for frozen shoulder? In the early phases of this condition, the recommended treatment is antiinflammatory medication, pain killers and physical therapy to decrease the pain and inflammation and assist the patient in regaining movement in the shoulder. Additional types of treatments include injections of anesthetic and/or steroid medication about the shoulder area. On rare occasions when this condition does not improve, manipulation of the shoulder under anesthesia or arthroscopic surgical intervention may be appropriate.