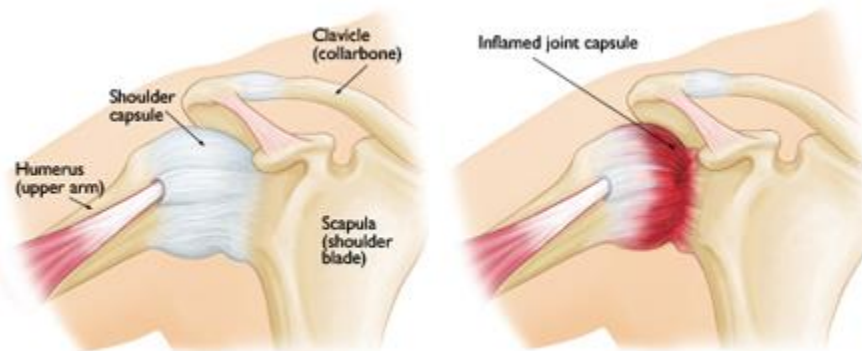


Adhesive Capsulitis (Frozen Shoulder)



- The shoulder capsule thickens and becomes tight (restricting your shoulder motion).
- There is no known cause.
- A frozen shoulder is more common in, but not exclusive to:
 - **Diabetics**
 - **Females: 40 - 60 years old**
 - **People with thyroid disease**
 - **Prolonged shoulder immobilization**

Keys to Addressing a Frozen Shoulder

- Avoid heavy lifting and sudden, jerking type motions (i.e. starting a lawnmower)
- Restore your motion with a daily stretching program

Non-Operative Treatment Options

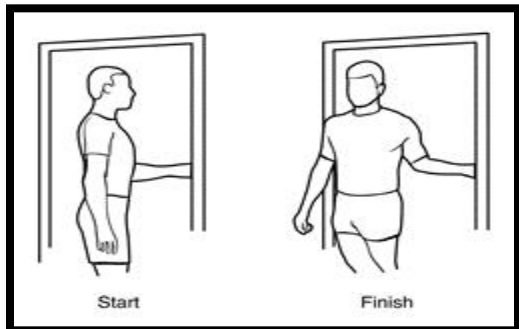
- Home Stretching program and/or formal physical therapy
- Cortisone Injection and/or NSAIDS for pain control

Surgical Management

- Closed manipulation under Anesthesia
- Low Risk/Outpatient procedure
- The goal is to get 3/4 or 75% of your motion back with the closed manipulation
- Formal physical therapy will begin the next day to restore your remaining motion
- In certain cases, an arthroscopic capsular release may be indicated.

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Home Stretching program



External Rotation

1. External rotation — passive stretch.

Stand in a doorway and bend your effected arm to 90 degrees. Keep your hand in place and rotate your body as pictured. This can also be performed laying down, elbow flexed to 90 degrees, with your arm at your side. Use a golf club or broom stick, etc. and passively push your arm out into external rotation (as shown) until you get a good stretch. Hold for 10 seconds. 3 sets x 10 seconds, 3 times daily.



Forward Elevation

2. Forward elevation — supine position.

Lie on your back. Use the opposite arm to stretch the effected arm in an overhead stretch. When you get a good stretch, hold the stretch for 10 seconds. 3 sets x 10 seconds, 3 times daily.



3. Wall Walking - Stand with your side to a wall so that your fingers can just touch it at an angle about 30 degrees toward the front of your body. Walk your fingers up the wall as high as you can until you get a good stretch and hold for 10 seconds. 3 sets x 10 seconds, 3 times daily.



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