

# Frozen Shoulder (Adhesive Capsulitis)

## What is it?

Abnormal bands of tissue that form between joints, severely restricting their motion and producing pain. Synovial fluid – lubricates space between the capsule and the ball of the humerus in the shoulder – often lacking in this condition. More common in females.

## What causes it?

Formation of scar tissue due to shoulder injury. Formation of adhesions following surgery. Repeated tearing of soft tissue surrounding the glenohumeral joint.

## Symptoms

Dull, aching pain in shoulder region, often worsening at night. Restricted movement of the shoulder. Pain and ache when lifting the affected arm

## Top Tips

Seek medical advice. Use prescription painkillers and anti-inflammatories. Be consistent with mobility exercises

## How to Treat it

Application of moist heat to the shoulder to loosen the affected joint. Muscle relaxants. (Anti-inflammatories and analgesics)



## Rehab

Moist heat accompanied by stretching exercises to restore mobility. Physical therapy overseen by physician. Moving the shoulder through full range of motion several times a day, as well as strength training. Prompt medical attention after injuries to avoid scar tissue formation

## Definitions

**Humerus** – bone in upper arm

**Adhesions** – scar like tissue which forms between two surfaces in the body and causes them to stick together

**Glenohumeral Joint** – the shoulder joint

**Analgesics** – painkillers

## Associated Conditions

- Shoulder Subluxation
- Acromioclavicular Separation
- Sternoclavicular Separation
- Biceps Brachii Tendon Rupture
- Biceps Brachii, Chest Strain
- Impingement Syndrome
- Rotator Cuff Tendinitis (Pitcher's Shoulder)
- Shoulder Bursitis
- Bicipital Tendinitis
- Pectoral Muscle Insertion Inflammation

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com