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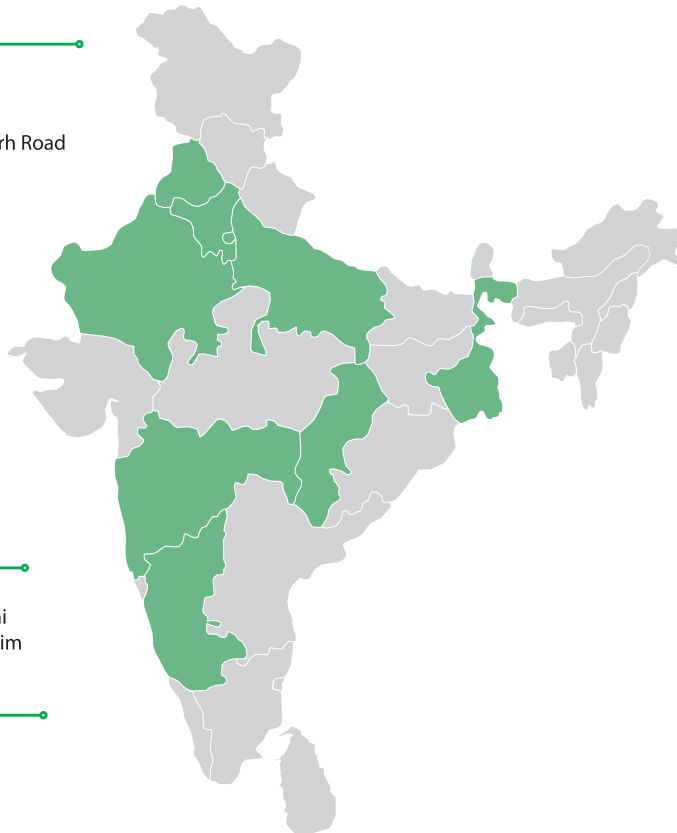
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FROZEN SHOULDER



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FREQUENTLY ASKED QUESTIONS



? 1 WHAT IS A FROZEN SHOULDER?

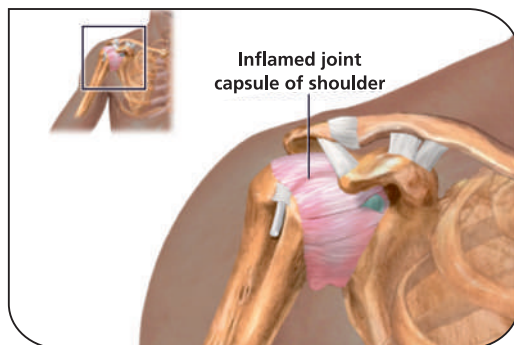
Frozen Shoulder, also known as Adhesive Capsulitis, is a common condition in which the articular shoulder capsule (not to be confused with the rotator cuff) thickens and tightens, restricting its mobility. It typically affects only one shoulder, however it can affect both shoulders.

? 2 WHAT ARE ITS RISK FACTORS?

Frozen Shoulder happens to 1 in 50 people on its own, without any known cause. However, people with Diabetes Mellitus, Thyroid problems, Heart pain, Heart Bypass or Breast Surgery are more likely to get it.

? 3 WHAT ARE THE SYMPTOMS OF A FROZEN SHOULDER?

- Severe pain, especially at night when the person lies down.
- Gradually increasing stiffness in the shoulder and difficulty in performing daily routine activities like reaching the back and combing the hair.



? 4 HOW IS IT DIAGNOSED?

The condition can be diagnosed with a proper history and physical examination by a specialist, and an X-ray examination.

? 5 WHAT ARE THE AVAILABLE OPTIONS FOR TREATMENT?

In the freezing phase, rest and cold packs are enough. When the shoulder has been frozen for about 6-9 months, then proper Physiotherapy (done by the patients themselves) or surgical interventions like Key Hole Surgery can restore full range of movements. Usually, Frozen Shoulder heals by itself in three years (60%) to seven years (90%). Only 10 to 15% of patients require Arthroscopy (Key Hole Surgery). Physiotherapy plays a key role whether or not the surgery is required.