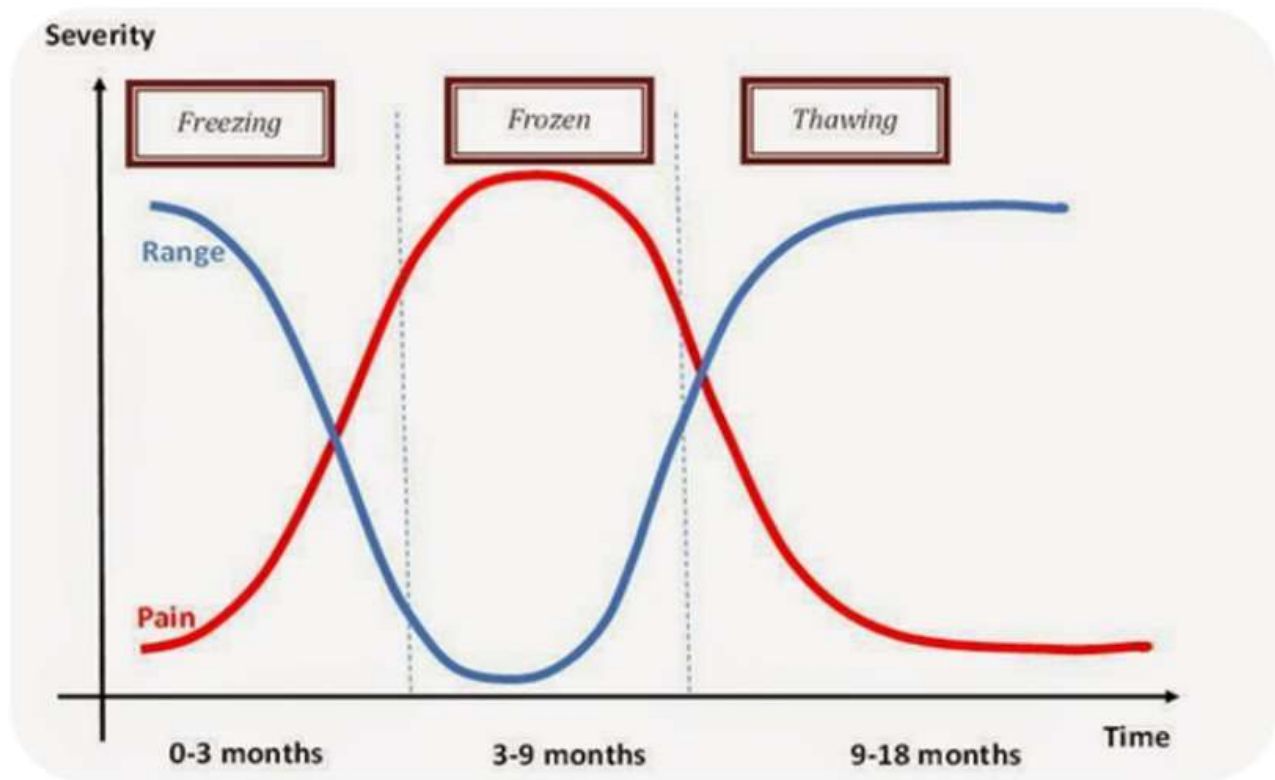


Adhesive Capsulitis



Treatment Options

Freezing Stage (approximately 3 months):

Step 1

- Rest the shoulder to allow pain to decrease.
- Anti-inflammatory medications may help
- Image guided corticosteroid injection into the glenohumeral joint may aid in pain control and may allow rehabilitation to progress sooner

Step 2

Frozen Stage (approximately 3–9 months after the freezing stage)

- Rehabilitation for mobilization and range of motion exercises
- Anti-inflammatory medications may help

Step 3

Thawing Stage (approximately 9 - 18 months following the frozen stage)

- Rehabilitation can be beneficial during this stage in improving range of motion, strength, coordination and function

Step 4

If conservative treatment fails, consisting of at least 8 - 12 months of consistent rehabilitation, then surgical treatment options may be considered.

The surgery involves manipulation under anesthesia and shoulder arthroscopy. Arthroscopy involves several small incisions around the shoulder where instruments can be inserted into the shoulder joint to release the tight shoulder capsule. Following surgery, rehabilitation focuses on maintaining motion that is achieved under surgery.