

HOW TO MANAGE YOUR FROZEN SHOULDER



What is Frozen Shoulder?

Frozen shoulder is also known as *adhesive capsulitis*. It is a condition where the shoulder becomes inflamed and tight. This can cause pain and tightness in the shoulder.

Stages of Frozen Shoulder

Frozen shoulder has 3 stages, each has different symptoms:

1. Freezing - In this stage, there is pain all around the shoulder; making it too painful to move the shoulder. As a result, the shoulder becomes tighter over time. This stage usually lasts between 6-12 weeks.
2. Frozen - At this stage, pain decreases but the shoulder feels stiff and tight. Daily activities such as combing the hair or scratching the back may be difficult. This stage usually lasts between 4-6 months.
3. Thawing - The shoulder starts to feel less stiff and gradual return of shoulder motion is expected. This stage can usually take anywhere between 6 months to 2 years.

Common Symptoms

- Dull or achy pain
- Stiffness around the shoulder joint
- Difficulties in daily activities such as reach overhead, com hair, reaching for the back pocket or hooking bra
- Discomfort sleeping on affected shoulder



Causes of Frozen Shoulder

The actual cause is unknown. There are some factors which can increase the chances of suffering from it:

- Women between age of 40-60 years old
- Previous shoulder injury or surgery
- The shoulder was kept immobile in a sling, or advised not to move too much due to an operation
- History of breast surgery and/or subsequent radiotherapy
- Other medical problems such as diabetes, hypothyroidism, hyperthyroidism, parkinson's disease, and cardiac disease

Prevention of Frozen Shoulder

Frozen shoulder can be prevented through regular exercises, and reducing the time that the shoulder is kept immobile.

Steps to Take if You Have Frozen Shoulder

- Confirm your diagnosis with your doctor.
- Take medication (if any) to manage pain and inflammation as prescribed by your doctor
- Your doctor may recommend you to go for extra tests such as X-ray, MRI and ultrasound scan.
- Depending on the severity of your condition, you may be referred to a physiotherapist who will do a physical examination of your shoulder and guide you in the management of your shoulder pain.
- Physiotherapy sessions usually comprise of manual therapy and stretching exercises.
- Your physiotherapist will be able to advise you on good posture and activity modification to better manage your frozen shoulder.



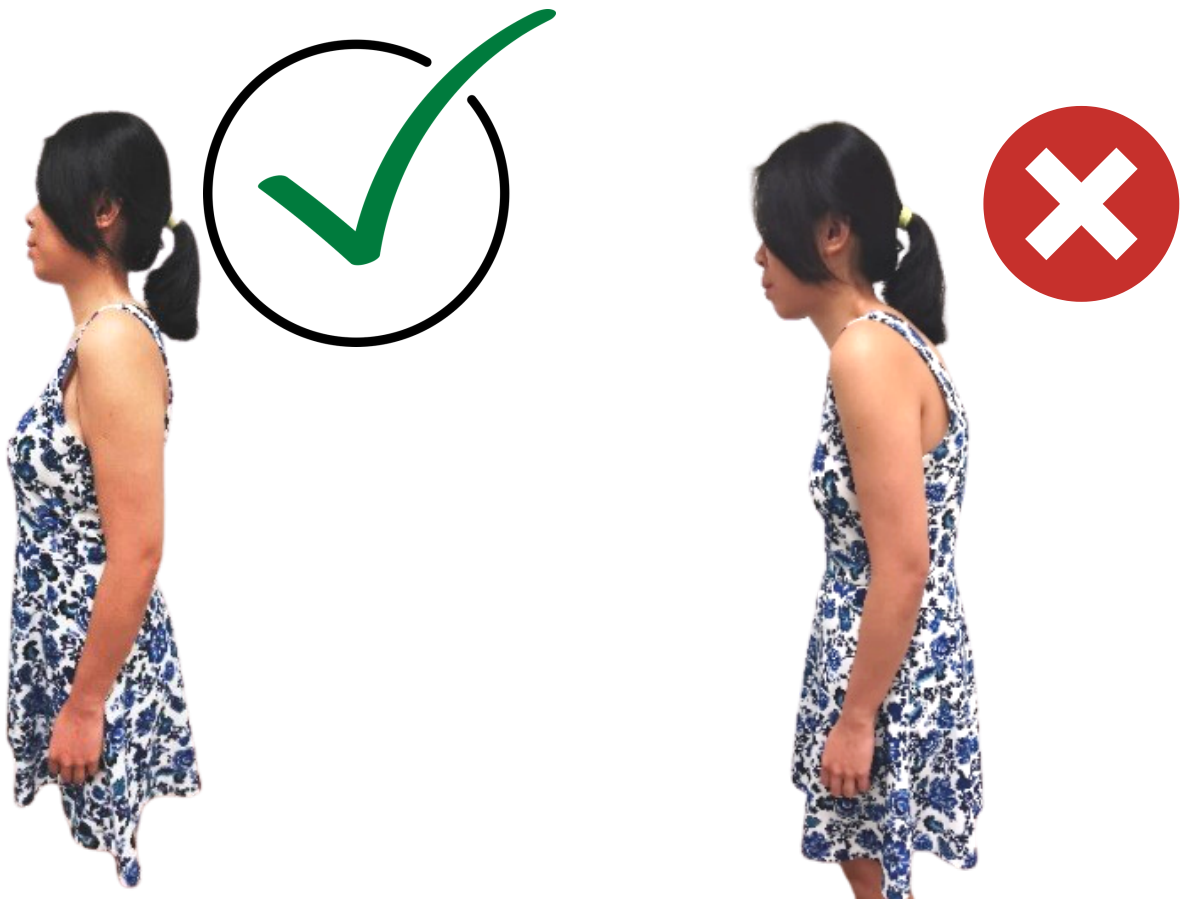
Frozen Shoulder Rehabilitation Programme

Points to note when doing your exercises

- When doing the following exercises, it is normal to experience mild to moderate pain over the shoulder region.
- Should you experience any severe sharp pain, you should **STOP** the exercise and consult your doctor or physiotherapist.
- Note: If you are diagnosed with Metastatic Cancer to the Bone, **DO NOT** do any exercise up to the end of range movement. Do consult your physiotherapist before starting the exercise programme.

Posture

When doing your exercises, it is important to adopt a good posture. Avoid slouching. Keep your back straight, shoulders pulled back and chin tucked in slightly.



Shoulder Blade Squeeze



With your arms by your side, squeeze your shoulder blades together. Ensure your shoulders are not raised as you are squeezing.

Hold for 10 seconds, repeat 5 times.

Chest Stretch



Place your hands behind your back. Pull your shoulders back and reach as far as you can with your hands clasped.

Hold for 15 seconds, repeat 5 times. You should feel a stretch over the chest area.

Posterior Shoulder Stretch



Place the affected arm across your body. With your other hand, push the elbow gently away from the affected shoulder.

Hold for 15 seconds, repeat 5 times. You should feel the stretch at the back of your shoulder.

Outward Rotation



Sit with your elbows at right angles. Place a rolled up towel between your elbow and side. Hold a stick with both hands. Clamp the towel between your elbow and side. Push the stick to move the affected arm as far outward as possible keeping the towel clamped.

Hold for 15 seconds. Repeat 5 times.

Shoulder Pendulum



Bend at the waist so your arm is dangling down. You may hold onto a table for support. Gently rock your arm in circular motion. Reverse your movement so your arm moves in the opposite direction.

Repeat 10 times in clockwise and anticlockwise direction.

Wall Climb

Forward



Sideway



Place your affected arm on a wall. Using your fingers, slowly climb up the wall to as high as possible.

Hold for 15 seconds before returning to starting position. Repeat 5 times.



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