

Adhesive Capsulitis (Frozen Shoulder)

What it is: It is when the shoulder capsule thickens and become tight. Adhesions (stiff bands of tissue) develop. Also there is less synovial fluid in the joint.

Symptom: Dull or aching pain. It is typically worse early in the course of the disease and with arm movement. Pain is usually located over the outer shoulder areas and in the upper arm.

Treatments: Time and pain control. Physical Therapy restores motion and strength though specific exercises that will help restore range of motion. NSAIDS and injections are other courses for treatments.

