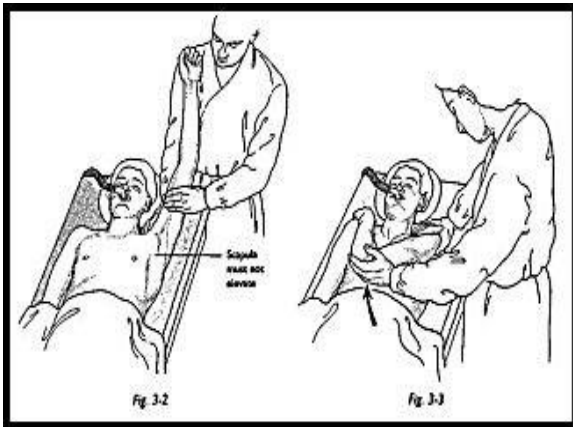


Precaution: do not force arm into overhead motions

If you have any questions or concerns, please call us at the number below!

## Alternative Treatments

- Heat and Ice
- TENS
- NSAIDs
- Corticosteroid injections
- Manipulation under anesthesia (last possible option)



## IMG Physical Therapy

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# ADHESIVE CAPSULITIS

IMG Physical Therapy

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## THREE STAGES OF ADHESIVE CAPSULITIS

### Stage 1: Freezing

- 3-9 months
- Pain affects motion

### Stage 2: Frozen

- 4-12 months
- Adhesion of the capsule
- Pain only at the end of movements

### Stage 3: Thawing

- 15-24 months
- Very minimal pain with motion returning

## RISK FACTORS

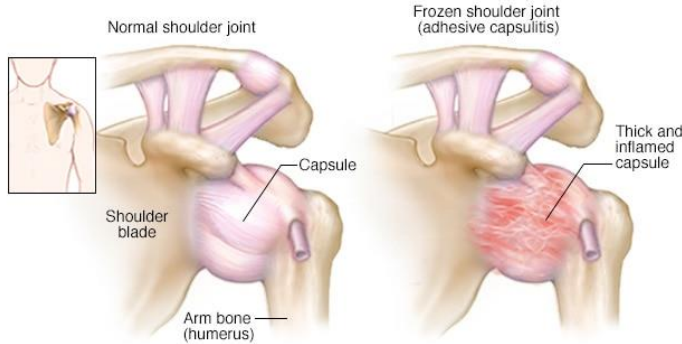
- Females > Males
- > 40 years
- History of Diabetes or Thyroid disease
- Immobilization after an injury
- History of stroke with hemiplegia
- Mastectomy with lymph node removal
- History of adhesive capsulitis
- Genetics

## HOW CAN PHYSICAL THERAPY HELP

**Freezing (3-9 months): PAIN-** education, gentle mobilizations, exercises in tolerated range, short duration range of motion exercises, heat or ice, avoid forward shoulder posture

**Frozen (9-15 months): ADHESION-** heat or ice prior to exercise, stretching of chest and back of shoulder, rotation before elevation exercises, strengthening with isometrics, low load long duration stretching

**Thawing (15-24 months): RETURN OF MOTION-** strengthening, progress mobility and stretching, rotator cuff exercises, postural exercises, exercises for the deltoid and chest



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## ABOUT ADHESIVE CAPSULITIS

Adhesive Capsulitis is more commonly known as frozen shoulder. This process affects the capsule that surrounds the shoulder joint. The capsule, which is usually mobile and allows for many degrees of movement, begins to stiffen without a known cause. This mechanism causes pain and a gradual loss of motion. Other symptoms include pain at night, pain which is easily increased with movement, and loss of mobility. Frozen shoulder is often separated into three stages which can last up to two years.