

## What should I do if the pain increases with exercise?

- If your pain increases, initially reduce your activity levels. As your shoulder starts to feel better you can gradually start exercising again.
- However, if your pain increases significantly stop the exercises and consult your GP or physiotherapist before continuing.

## General Advice

- Keep your shoulder gently moving, but avoid activities that aggravate your pain.
- The sooner you commence early exercise, the better your recovery.
- Don't keep your shoulder still, it will get stiff and healing will take longer.
- If your symptoms get worse, or do not improve please seek further medical advice.

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فيامكاننا عمل الترتيبات لتوفير مترجم شفوي لك.

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如你唔明白本單張的內容，我們可安排口譯員服務。

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اگر مندرجات این جزوه را نمیفهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

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### Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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## Frozen Shoulder (Adhesive Capsulitis) Advice for patients



## What is a frozen shoulder?

- This is when the capsule (soft tissue surrounding the shoulder joint) becomes inflamed and stiff.
- The exact cause is unknown but it can occur following trauma or surgery and is more common if you are diabetic.

## What are the symptoms?

- Pain
- Reduced movement—especially overhead and reaching behind your back.
- Stiffness

## How long will it take to recover?

- A frozen shoulder can take a long time to heal. Symptoms can persist for a few months and last up to 3 years. But don't worry, most frozen shoulders recover on their own and there are things you can do to help.
- There are usually 3 stages:
  1. Painful phase—as the pain persists the shoulder starts to stiffen.
  2. Stiffness phase—the shoulder becomes stiffer, the pain can be slow to improve.
  3. Recovery—the pain usually subsides and gradually the shoulder movement returns.

## What treatments can I use?

### Pain killers

- If your GP has prescribed pain killers, then these should be taken at the recommended dose.

### Hot or Cold Packs

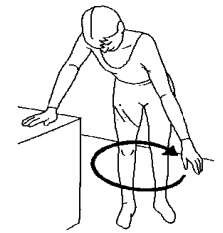
- Gentle heat (hot water bottle) can help reduce muscle spasm and pain. A cold pack (ice pack or frozen peas wrapped in a damp towel) can also provide short-term pain relief. Use whichever pack you find most helpful. Apply to the sore area for up to 15 minutes.

### Early Movement and Exercise

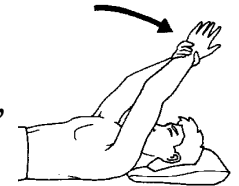
- In the early stages it is best to avoid the activities that aggravate the pain. However, it is important to keep the shoulder moving fully to prevent stiffness.
- Do not rest for long periods at a time as this will lead to stiffness and weakness and prolong your recovery.
- Simple, graded exercises can be performed to help gain full function of your shoulder.

## Exercises for your shoulder

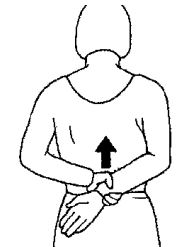
1. Stand leaning on a table with your good hand, let your injured arm hang relaxed straight down. Swing your arm in circles, clockwise and anti-clockwise.



2. Lying on your back, lift your injured arm up, using your other arm to help.



3. Stand with your arms behind your back. Hold the wrist of your injured arm. Side your hands up your back.



4. Keep your arm close to your side. Slowly turn your forearm outwards.



Exercise Illustrations: ©PhysioTools Ltd

**Please Note:** These exercises should not increase your pain. Perform each exercise gently and slowly, only moving as far as feels comfortable. Practice each exercise up to 10 times, 2-3 times a day.