



APRIL 2015 QUIZ

FROZEN SHOULDER

A frozen shoulder seems to come from nowhere. Often there is little or no injury and there are really no specific shoulder tests to determine if you have a frozen shoulder. A frozen shoulder can be a scary experience and it may be a cause of shoulder pain and stiffness in the shoulder joint, which can limit the functional use of your arm. It usually occurs slowly over time, in **three distinct stages**. Each of these stages can last for many months or in some cases, years.

Freezing (painful stage) – This stage can last from two to four months and is very painful. During this stage the shoulder movement is greatly reduced and any movement of the shoulder is very painful as adhesions are formed between the head of the humerus and the joint capsule.

Frozen – This stage can last from four months to a year. The range of motion is severely limited but the pain usually starts to subside. The joint capsule thickens and essentially glues itself to the humeral head.

Thawing – During this stage the condition begins to resolve spontaneously. The shoulder movement improves and there is no pain. This process may take a long time; a year or more is not unusual.

When you have a frozen shoulder, shoulder pain and tightness may make it difficult to reach overhead to perform such simple activities like putting away dishes or combing your hair. If you are a female, you may have difficulty reaching behind your back to fasten your bra. Men might have a hard time reaching into their back pocket to grab their wallet. Putting on a belt may be painful as well. You may also lose the ability to lift your arm to the side. The back and neck muscles start to ache as they try to compensate for the limited shoulder movement.

Although the exact cause is unknown, certain factors may increase the risk of getting frozen shoulder. These can include:

Age – frozen shoulder can affect anyone at any age, but it is seen mostly among middle aged women.

Diabetes – for unknown reasons, frozen shoulder is more common in people with diabetes.

Immobility – people who have experienced prolonged immobility of their shoulder, due to trauma, overuse injuries or surgery, may develop frozen shoulder.

Systemic diseases – people with systemic disease, such as an overactive/underactive thyroid, cardiovascular disease or Parkinson's disease are more commonly at risk.

Treatment

The care is initially aimed at reducing the inflammation and pain. Various treatment methods are used to help, such as anti-inflammatory drugs, ultrasound, heat, massage, stretching. Steroid injections and nerve blocks have also been used at times, but the effectiveness of these therapies can vary from patient to patient.

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Entries due in the Suggestion Box by 23 APRIL 2015 - Good Luck**



APRIL QUIZ

Complete the Quiz for the chance to WIN a 30 Minute Massage

Circle the correct answer then place your completed Quiz in the Suggestion Box by
23 April 2015

In how many stages does frozen shoulder occur?

- A. One
- B. No stages at all
- C. Three

Which type of treatment is used for frozen shoulder?

- A. Weight training
- B. Operation
- C. Stretching

What would increase the risk of getting frozen shoulder?

- A. Age
- B. Height
- C. Weight

Which stage is the painful stage?

- A. Freezing
- B. Frozen
- C. Thawing

NAME: _____

TELEPHONE: _____