

Non Surgical Pain Relief

Treatment of Frozen Shoulder



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Frozen shoulder is a condition in which there is a significant loss of movement of shoulder joint accompanied by pain and stiffness. Pain may be deep-seated, poorly localised and lying on the affected side may be painful. In frozen shoulder, the capsule surrounding the shoulder joint becomes thickened and tight thereby limiting the movements of the joint. It is seen more commonly in women, between the ages of 40-60 years, diabetics, patients with thyroid problems and after a period of shoulder immobilization like after a fracture or stroke.

The treatment for a frozen shoulder is focused on relieving pain and restoring the movement. Pain specialists can help by prescribing medications, using interventions such as injections and providing supervised physiotherapy. Physiotherapy aimed at improving range of motion and strengthening of the joint is an essential component of treatment. Injection options include a shoulder joint injection, stretching of the capsule (hydrodistension) and nerve blocks.

Shoulder joint steroid injections

This is generally performed as an OPD procedure using ultrasound guidance. Ultrasound helps to improve accuracy, maximising the chances of getting benefit from injections. Reduced pain after the injection can help improve physiotherapy compliance.

Hydrodistension of the joint

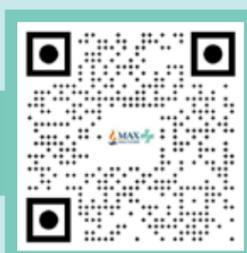
Hydrodistension of the joint involves injecting sterile water or local anaesthetic into the shoulder joint to stretch the joint capsule to improve range of motion. Using hydrodistension, steroid injection and physiotherapy together improves chances of early recovery.

Nerve blocks

Nerve blocks when combined with the above injections can help in further pain reduction.

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OPD Timings: Monday to Saturday – 9.00AM – 05.00PM

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