Unraveling the Mystery of Shoulder Pain #4: Adhesive Capsulitis (Frozen Shoulder)

Instructor: Ben Benjamin, Ph.D.
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Webinar Goal

Explore the assessment and treatment of one of the most painful shoulder injuries: Adhesive Capsulitis
Logistics

• Time: 1 hour

• Schedule:
  • Presentation 30–40 min
  • Questions 15–20 min

• Ongoing questions: Use Question box. If I don’t get to your question, ask me on my Dr Ben Benjamin Facebook page after the webinar.

• Get a pen and paper please

Pretest

1. Frozen shoulder is most common in:
   a. men in their 50s
   b. women in their 30s
   c. men and women in their 40s
   d. women in their 40s

2. The inability to lift the arm overhead is the most important test when assessing adhesive capsulitis. True or False?

3. Resisted tests are of little importance when a frozen shoulder is present. True or False?

4. Traumatic arthritis sets up a pattern of limited movement that is the same for every person who has it. True or False?

5. Which is the most important assessment test when testing for a frozen shoulder?
   a. passive adduction
   b. passive lateral rotation
   c. resisted scapulohumeral abduction
   d. passive elevation
Anatomy

Shoulder Joints

- Acromioclavicular
- Sternoclavicular
- Glenohumeral
Glenohumeral Joint

Glenohumeral Joint Ligaments

- Coracohumeral ligament
- Glenohumeral ligaments
- Transverse humeral ligament

*Limits the degrees of movement at the glenohumeral joint*
Coracohumeral Ligament

Glenohumeral Ligaments

- SGHL: superior glenohumeral ligament
- MGHL: middle glenohumeral ligament
- IGHL: inferior glenohumeral ligament
Transverse Humeral Ligament

Glenohumeral Joint Structure

- Shallow joint that permits a huge range of motion
- More range of motion means greater vulnerability to injury
Joint Capsule

- Secretes synovial fluid to allow joint bones to glide over one another

Joint Injury

Capsular contracture:
- Most limited by anterior adhesions
- Second most limited by inferior adhesions
- Least limited by posterior adhesions
Assessment

Capsular Pattern

• A characteristic pattern of limitation of a specific joint when it is inflamed
Assessment Tests

- Passive Lateral Rotation
- Passive Medial Rotation
- Passive Scapulohumeral Abduction

Passive Lateral Rotation
Passive Medial Rotation

Passive Scapulohumeral Abduction
Three Names for this Condition:

- Traumatic Arthritis
- Adhesive Capsulitis
- Frozen Shoulder
What Happens

• It hurts to lie on the injured side
• Pain radiates down the arm
• Pain is worse when arm is used
• Motion is very limited

Who Is Affected

• Most often women between 40 and 50 years old
• Also occurs in men
Stages of Frozen Shoulder

- **Freezing**: Condition worsens for 3-4 months
- **Frozen**: Pain is constant and steady for 3-4 months
- **Thawing**: Pain improves gradually over 3-4 months

Variations in Recovery

- Spontaneous recovery one year
- Condition persists indefinitely
- Pain decreases or disappears but limitation of movement remains
Clinical Application

A Personal Experience
Assessment Test Results for Frozen Shoulder

- Passive Lateral Rotation – most limited movement, very painful
- Passive Scapulohumeral Abduction – less limited movement and pain
- Passive Medial Rotation – least limited movement and pain

Treatment
Treatment

1st Trimester: Stretching & resisted stretching
2nd Trimester: Stretching & resisted stretching
3rd Trimester: AIS stretching & strengthening

Resisted Stretching
Resisted Stretching

Resisted Stretching
Active Isolated Stretching

Watch the video at the end of the Webinar

Questions

Facebook.com/DrBenBenjamin
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