

# Home Remedies For Frozen Shoulder- 2020 [Recent Updates]

#### Introduction:

Today we learn about frozen shoulder. Here we discussion what is Frozen shoulder, cause, stage, pathology, symptoms or clinical feature and treatment. So let's go.

#### What is Frozen Shoulder:

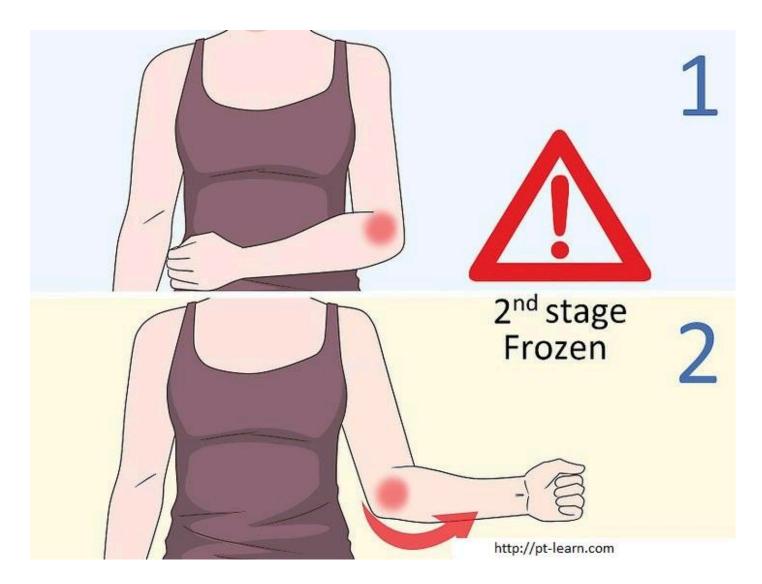
Frozen shoulder is a condition that is characterized by pain and restriction of the movement of the shoulder joint, especially abduction medial rotation and lateral rotation of shoulder joint.

## Stage of Frozen shoulder

A. Painful or freezing stage



# B. Frozen stage



# C. Thawing stage



#### Causes of frozen shoulder:

when the capsule of shoulder joint become thicken and tighten within the joint.

- 1. Impingement syndrome
- 2. Supraspinatus tendinopathy
- 3. Subacromial or subdeltoid bursitis
- 4. Bicipital tendinopathy
- 5. Calcific tendinitis
- 6. Rotator cuff tear
- 7. Early stage of adhesive cupsulitis.

## Pathology of frozen shoulder:

At first when inflammation takes place on the capsule of the shoulder joint, it becomes roughness and lost its function, as a result capsule cannot provide the rhythmic free movements of the shoulder joint. Then the surrounding structures are affected due to lack or nutrition and thus also produce pain.

#### Clinical feature of frozen shoulder:

Frozen shoulder typically develops slowly and in three stages. Each of these stages can last a number of months.

- Painful stage: During this stage pain occurs with any movement of shoulder and shoulder's range of motion starts to become limited.
- 2. Frozen stage: pain may begin to diminish during this stage. However your shoulder becomes stiffer and range of motion decrease notably.
- 3. Thawing stage: During the thawing stage, the range of motion in shoulder begins to improve.

### Risk factors of frozen shoulder

#### Common risk factors for frozen shoulder are:

- 1. Age: Usuallyoccurs in individual between 40-70 years of age
- 2. **Gender:**This condition is found twice as often in women as in men.
- 3. **Recent trauma:**Surgery or and arm fracture can lead to immobility during recovery and this may cause the shoulder capsule to stiffen.
- 4. **Diabetes:**The reasons are unclear but 10 to 20 percent of people with diabetes develop frozen shoulder, and symptoms may be more severe.

#### Other conditions that can increase the risk are:

- 1. Stroke
- 2. hyperthyroidism or overactive thyroid
- 3. hypothyroidism or under active thyroid
- 4. cardiovascular disease
- 5. Parkinson's disease...Read more