

SHOULDER STIFFNESS AND PAIN

Due to ADHESIVE CAPSULAR CONDITION

WHAT WILL I FEEL?

In the early phases of the condition, the shoulder is very painful. You may feel pain in the upper arm muscle, which may travel down the arm. You will have difficulty reaching up, behind your back and behind your head. It may be difficult to sleep on the affected side. As time goes on, the pain will subside, but the stiffness will continue.

WHAT CAUSES IT?

Usually the problem starts with minor trauma to the shoulder or it may occur spontaneously without any known provoking factor.

Tissue cells that are normally found in the shoulder called “*Fibroblasts*” increase in number and lay down “collagen” adhesions. These adhesions prevent the shoulder from moving normally. This is **not** an inflammatory process.

HOW LONG WILL IT TAKE TO GET BETTER?

It takes most people about 12 months to gain most of the motion back; full recovery may take up to 2 years.

Be patient – the process is slow and gradual. People who work on their home exercise program tend to recover range of motion sooner, experience less pain and have better function.

WHAT CAN I DO TO HELP MYSELF?

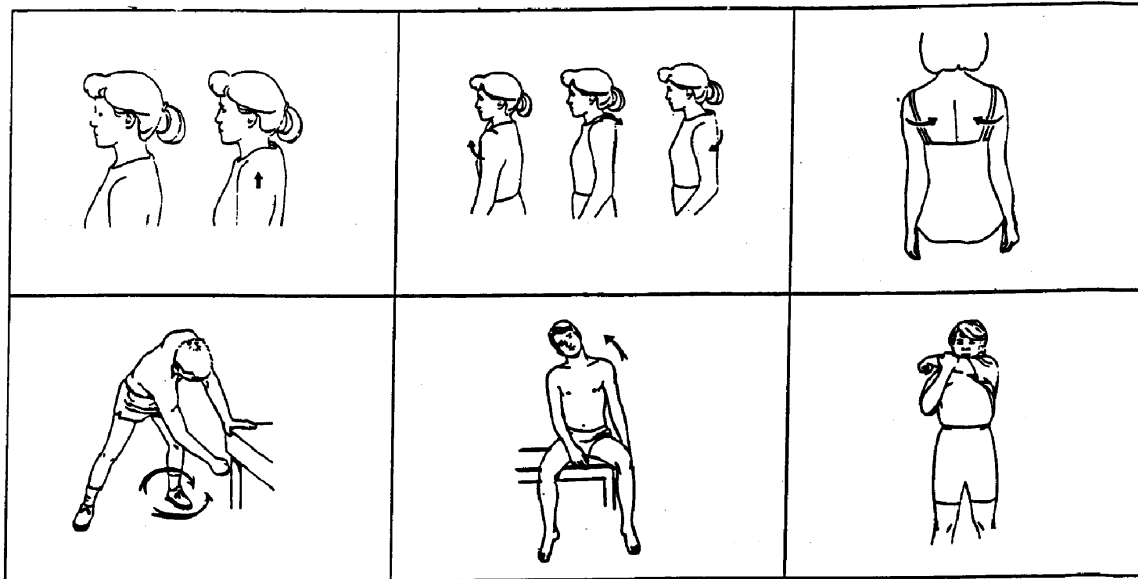
- **Ice:** for pain relief **15 minutes 3-4X** each day
- **Medication:** Talk to your health care provider or consult the ***Healthwise handbook***.
- **Sleeping position:** Try placing your arm on or inside slip of pillow for comfort.
- **Movement:** Gentle range of motion exercises in the beginning, progress to more vigorous stretching as pain subsides.

WHEN SHOULD I CALL MY HEALTH CARE PROVIDER?

If you have followed the advice of this handout for 6 months and experience no further improvement in movement.

START WITH THE FOLLOWING EXERCISES

3-5 repetitions each, moving in a *pain-free* way



ADD IN THE FOLLOWING STRETCHES

Start with 5 repetitions for 5 second holds, work up to 30 second holds

