

Frozen Shoulder

History

- 1)
- 2)
- 3)
- 4)
- 5)

Visual Assessment

- 1)
- 2)
- 3)

Specific tests

- 1)
- 2)
- 3)

Informed consent

Treatment

Acute

- Treatment begins prone – pillows under abdomen and ankles
- If hyperkyphosis is present, two towel rolls are placed under the shoulders retracting them
- Hydro is ice to the affected shoulder
- Heat on compensatory structures
- Treat the compensatory structures – unaffected shoulder, back effleurage, petrissage and trigger points
- Reduce hypertonicity and trigger points in traps, levator, rhomboids, latissimus, serratus anterior, erector spinae, deltoid and rotator cuff muscles
- Trigger points, muscle stripping and O and I on subscapularis
- Pain free PIR subscapularis
- Joint play thoracic vertebrae, ribs and scapula
- Pendulum in forward flexion plane
- Turn supine – pillow under knees and along the spine if hyperkyphosis is present
- Lymphatic drainage on affected shoulder if necessary
- Fascial to affected shoulder or both if indicated
- Treat compensatory structures – unaffected shoulder arm and neck
- Pec major and deltoid are treated
- Pec major GTO release
- Pec minor, subclavius, biceps and triceps are treated

- Inferior glide
- Lateral glide
- Hypomobility in c-spine and sternoclavicular joint with joint play
- Passive stretch to upper traps and levator

Post treatment with client

- 1) How are you feeling
- 2) Do you need help off the table
- 3) Take your time getting up

Home care and Hydro

- 1)
- 2)
- 3)

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- 2)
- 3)

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History

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Visual Assessment

- 1)
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Specific tests

- 1)
- 2)
- 3)

Informed consent

Treatment

Sub acute

- Treatment begins prone – pillows under abdomen and ankles
- If hyperkyphosis is present, two towel rolls are placed under the shoulders retracting them
- Hydro is heat to the posterior shoulder then anterior shoulder
- Treat the compensatory structures – unaffected shoulder, back effleurage, petrissage and trigger points
- Reduce hypertonicity and trigger points in traps, levator, rhomboids, latissimus, serratus anterior, erector spinae, deltoid and rotator cuff muscles
- Trigger points, muscle stripping and O and I on subscapularis
- PIR subscapularis
- Joint play to hypomobile joints – t-spine, ribs and scapula
- Pendulum exercises – forward flexion, adduction and abduction
- Turn supine – pillow under knees and along the spine if hyperkyphosis is present
- Fascial work to pectorals
- Unaffected shoulder, neck and diaphragm are treated
- Pec major, minor, subclavius and deltoid
- Pec major GTO
- PIR to increase ranges at the GH

- PIR or passive stretch to trap and levator scap
Post treatment with client

- 1) How are you feeling
- 2) Do you need help off the table
- 3) Take your time getting up

Home care and Hydro

- 1)
- 2)
- 3)

- 1)
- 2)
- 3)