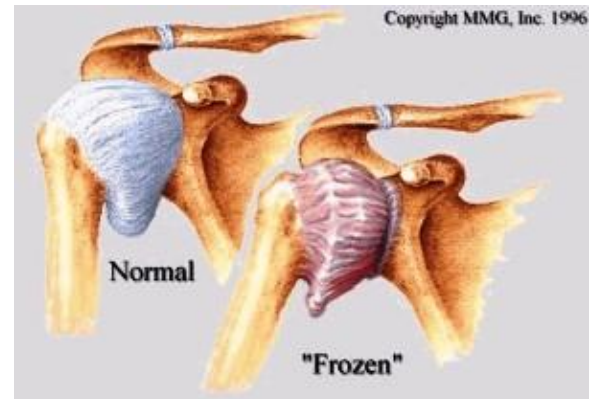


ADHESIVE CAPSULITIS

The information in this document is about the three stages of adhesive capsulitis.

WHAT IS ADHESIVE CAPSULITIS?

Adhesive capsulitis occurs when your shoulder joint capsule shrinks. This leads to pain and reduced range of shoulder movement. Your shoulder capsule is the deepest layer of soft tissue around your shoulder joint, and plays a major role in keeping your humerus within the shoulder socket.



WHO IS LIKELY TO SUFFER FROM ADHESIVE CAPSULITIS?

It can be primary, with no known cause, or secondary, associated with underlying illness or injury.

Risk factors predisposing you to develop adhesive capsulitis include:

- Shoulder trauma
- Surgery
- Diabetes
- Inflammatory conditions
- Inactivity of the shoulder
- Autoimmune disease
- Cervical cancer
- Hyperthyroidism

ADHESIVE CAPSULITIS

WHAT ARE THE SYMPTOMS OF ADHESIVE CAPSULITIS?

Adhesive capsulitis has **three stages**, each of which has different symptoms and can last on average of 6 to 8 months if left untreated.

The 3 stages of Adhesive capsulitis are:

1. **Freezing** - characterised by pain around the shoulder initially, following a progressive loss of range of movement. It is known as the RED phase due to the capsule colour if you undergo arthroscopic surgery. Symptoms might last for 3 to 9 months.
2. **Frozen** - minimal pain, with no further loss or regain of range. Known as the PINK phase due to the capsule colour if you undergo arthroscopic surgery. Symptoms might last for 9 to 14 months.
3. **Thawing** - gradual return of range of movement, some weakness due to disuse of the shoulder. Known as the WHITE phase due to the capsule colour if you undergo arthroscopic surgery. Symptoms might last for 12 to 15 months.

An exercise program will be provided by your Physiotherapist.

If you have any questions regarding the above information please contact the Physiotherapy Department on 5143 8560.