

Frozen Shoulder

How I manage it:

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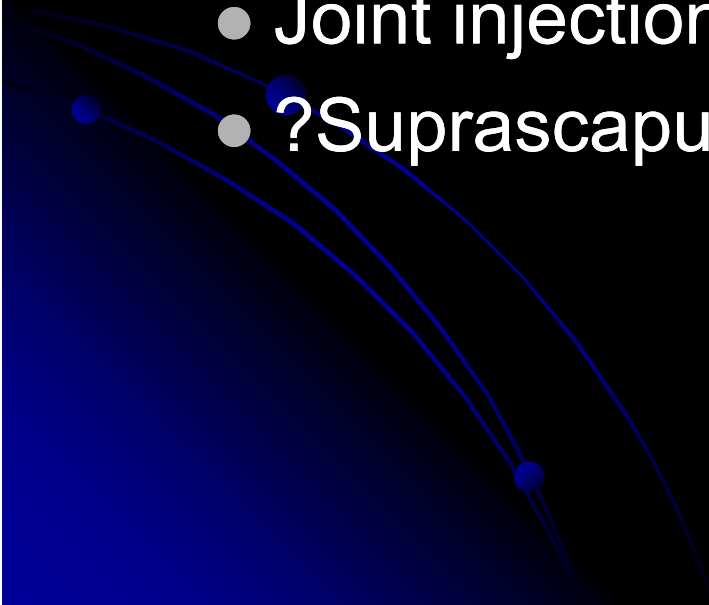
Natural history:

- No injury or trivial injury?
- Correct age group cf. OA of G-H joint
- Pain before stiffness
- “Freezing, frozen, thawing”
- Clinical assessment:
 - Loss ER
 - No crepitus
- Radiographs

Individual disease pathway:

- How long since it started?
- How quickly did it progress into next stage?
- Has it changed in last 3/12?
- How much pain?
- How much effect on work/ADLs etc.?
- Co-morbidities – IDDM?
- What treatment so far?

Pain

- Constant or EOR joint “irritability”?
 - Pain relief essential
 - Oral analgesia – strong if needed
 - Acupuncture
 - Joint injection
 - ?Suprascapular n. blocks
- 


Stiffness

- **Physiotherapy**
 - When?
 - Who?
- **MUA**
 - +/- Steroid injection
 - +/- Ax/open release (Ozaki procedure)
 - GA v. regional block
- **Hydro-distension**

Patient: Early

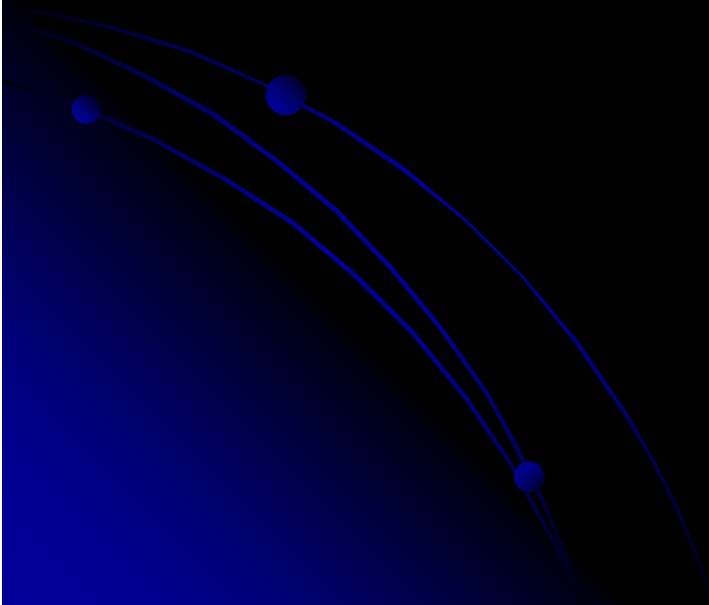
- Lots of pain, some stiffness, worsening
 - Analgesia
 - Joint injection
 - Physiotherapy:
 - Analgesia – taping, acupuncture
 - Keep range NOT push range
- If fails then MUA with regional block

Patient: middle

- Some pain, more stiffness BUT improving
 - Analgesia – oral
 - Physiotherapy
 - Pain control and improve ROM
 - No MUA at this stage
 - If fails then MUA with regional block
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Patient: late

- Very little pain unless forced EROM, Stiff ++
- No improvement for several months
- MUA with regional block



MUA

- Regional block only (if works)
- Indwelling block
- Several days as Inpatient with block
- Flexion, Abduction, Extension
- IR and ER in decreasing Abduction from 90 degrees
- Cross chest adduction
- No release, No steroid (will not stay in joint)

Risks

- Risks of the block
 - Intraneural injection
 - Failure / Pain
 - Pneumothorax
- Risks of the MUA
 - Spiral fracture of shaft (^ if in “wrong” order)
 - Failure
 - Recurrence
 - Dislocation

When would I release?

- Failure to gain near full ROM
- Recurrence
- IDDM

