

Frozen Shoulder



What is it?

Frozen shoulder is a stiff and painful shoulder caused by thickening and contraction of the shoulder lining (capsule).

Procedure Advantages

Surgery is effective in helping to unstick the lining (capsule) of the joint. You should have less pain and be able to use your shoulder better

What it involves

The operation takes between 30 – 60 minutes.

Your surgeon will make two small cuts at the front and back of your shoulder. A narrow, flexible telescopic camera called an arthroscope is inserted into one of the cuts so they can examine the joint. Small surgical instruments are inserted into the other cut to divide the thickened, tight capsule to improve the range of movement in your shoulder. This is done under a general anaesthetic. You may also be given a local anaesthetic into the nerves around your shoulder. This will help to ease the pain you may feel after your operation.

Possible Risks

- Pain
- Bleeding
- Infection of the wound
- Continued stiff shoulder

What happens after

You should be allowed to go home the same day.

You will need to carry out regular exercise to ensure the movement gained under general anaesthetic is maintained. You will be referred to a physiotherapist who will advise the best exercises to carry out.

Most people make a good recovery