



# FROZEN SHOULDER : FACTS & CAUSES WHAT YOU NEED TO KNOW

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## FROZEN SHOULDER:

Combination of **SYNOVIAL INFLAMMATION** and **CAPSULAR FIBROSIS**. Results in **PAIN** and **LOSS OF MOTION**.

In 1934, Earnest Codman coined the term.



The Prevalence of frozen shoulder is **2-5%** of general **US POPULATION**.

*Reeves, B. Scandinavian Journal of Rheumatology, 1975.*

Usually affects **PATIENTS AGE**

# 40-70



Approximately **70%** of frozen shoulder patients are **WOMEN**.

*Sheridan M. A., Orthop Clin North Am. 2006.*



Frozen shoulder occurs in **25%** of individuals suffering a stroke within **6 MONTHS**.

*Bruckner, F. Q J Med, 1981*

Frozen shoulder was observed in **77%** of patients suffering from hemiplegia shoulder pain.

*Rizk, T. Arch Phys Med Rehab, 1984.*

**66%** of hemiplegic shoulder pain patients exhibited reduced ER ROM.

*Wanklyn, P. Disabil Rehabil, 1996.*



## WHY IT MAY OCCUR IN NEUROLOGICAL CLIENTS

Acute patients with hemiparesis only **USE THEIR AFFECTED UPPER LIMB** an average of **3.3 HOURS PER DAY**. *Lang, C. J of Neurol Phs Ther, 2007.*

Acute patients less than 14 days post stroke **USED THEIR AFFECTED UPPER LIMB ONLY 38 MINUTES (7%) OF A 9-HOUR DAY**. *Berhardt, J. J Rehabil Med, 2007.*

