

# An Affordable Way to Treat Frozen Shoulder

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## ABSTRACT

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## Short Communication

Frozen shoulder, or adhesive capsulitis, is an insidious condition characterized by pain and stiffness in the shoulder that lasts longer than three months. This inflammatory disorder induces fibrosis of the glenohumeral joint capsule, which is followed by stiffness and a considerable range of motion limitation. Patients can, however, experience a sudden onset of symptoms and a long recovery period. In most cases, the recovery is sufficient, even though it takes up to two to three years [1,2]. It commonly affects people between 40 and 60 of age and occurs in women more often than men. People with diabetes are more likely to develop frozen shoulders. Physical therapy, with a focus on shoulder flexibility, is the primary treatment recommendation for frozen shoulder. In an attempt to find an accessible and effective way to treat the frozen shoulder, a sample of 13 volunteers with the frozen shoulder was selected and asked to follow the following method, which involves exposing the affected shoulder to a stream of hot water (Maximum tolerable water temperature  $\approx 40$  °C) for a continuous 5-7 minutes, with a rotating movement of the shoulder.

Eight of the thirteen patients had symptoms that disappeared permanently and no longer felt pain or stiffness, and their normal ability to move the shoulder joint returned to its previous state before the disease. In the other five patients, the symptoms improved significantly, with some symptoms remaining and some limited movement. This may be related to not reaching the required time and temperature. Which may require repeated trying one or more times to reach the desired recovery. The results of the current study indicated that the choices of treatment methods do not necessarily require the deterministic use of pharmaceutical products, (although they are of great importance), but that other options are also available and may achieve the goal easily.

## References

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