



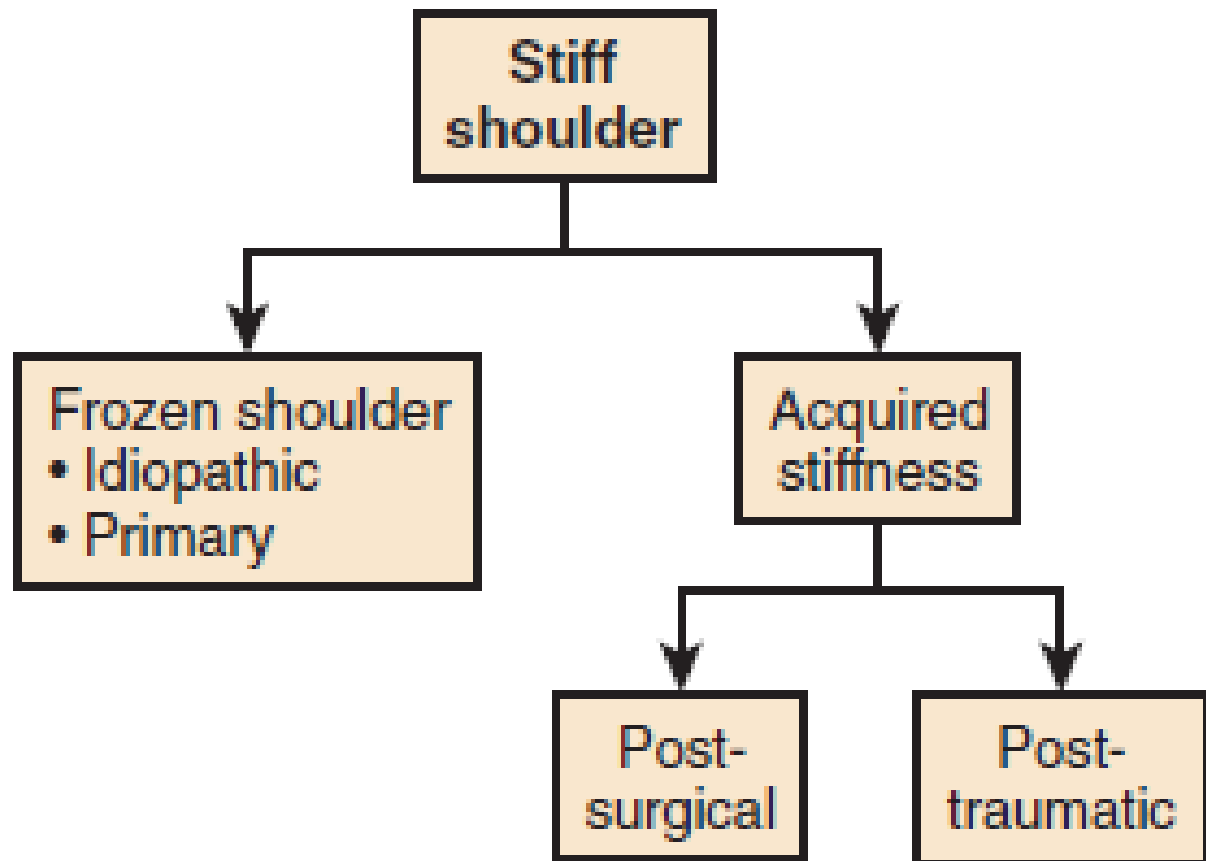
How to diagnose & manage Frozen Shoulder

M.N. Naderi, MD

Fellowship in shoulder surgery

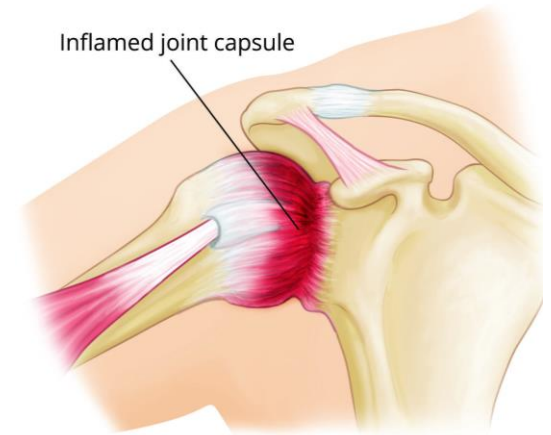
- **Stiff shoulder**

significant loss of both active and passive shoulder motion



Primary shoulder stiffness (frozen shoulder)

- **Freezing** : inflammation
- **Frozen** : established stiffness
- **Thawing** : resolving of ROM



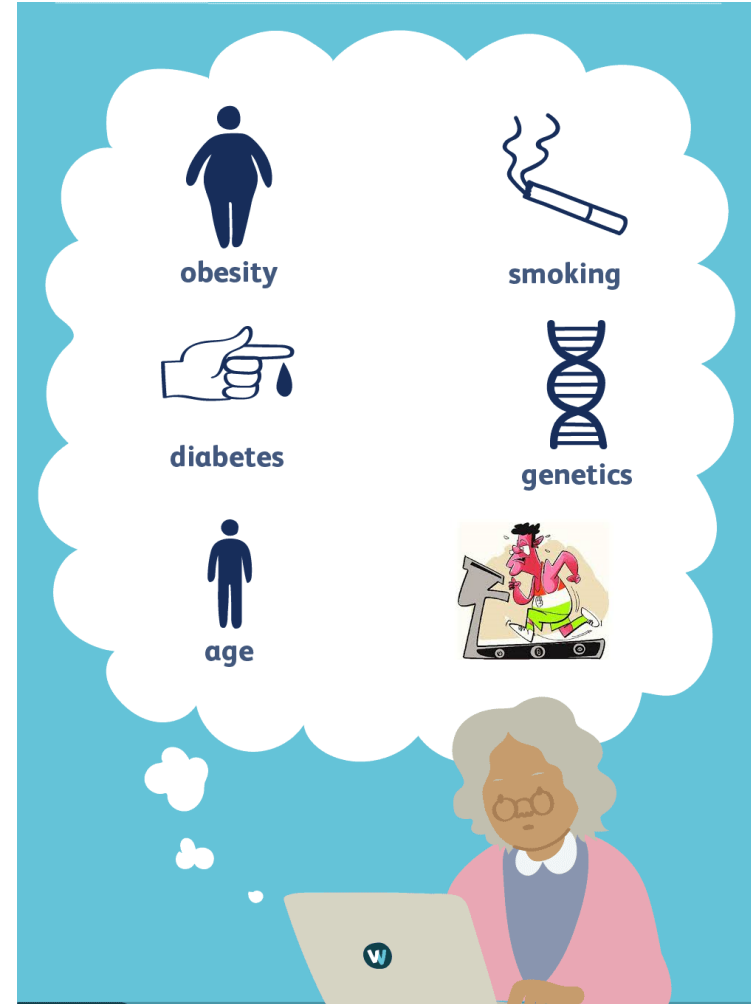
Secondary stiff Shoulder

- does not follow a predictable course like idiopathic frozen shoulder
- Shoulder stiffness is a common complications after shoulder surgery



Contributing factors

- Age
- Endocrine disorders
- initial injury
- Patient compliance



Treatment

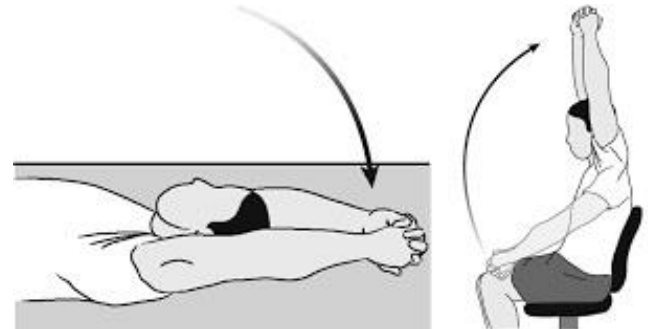
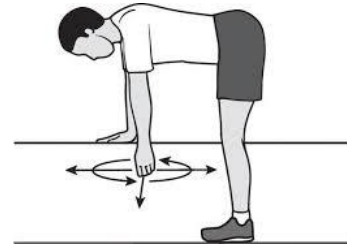
- **Conservative**

- PT

- NSAID

- **Injection**

- **Surgery**



Treatment

- Conservative
 - PT
 - NSAID
- **Injection**
- Surgery



Treatment

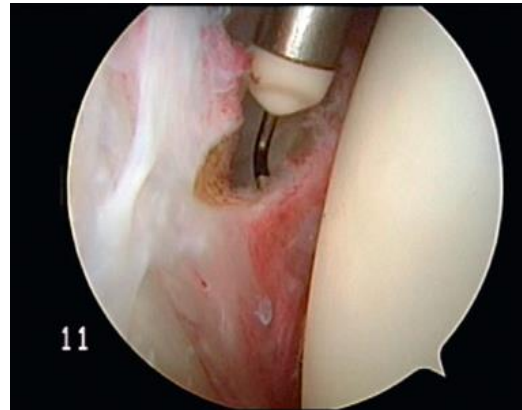
- **Conservative**

- PT
- NSAID

- **Injection**

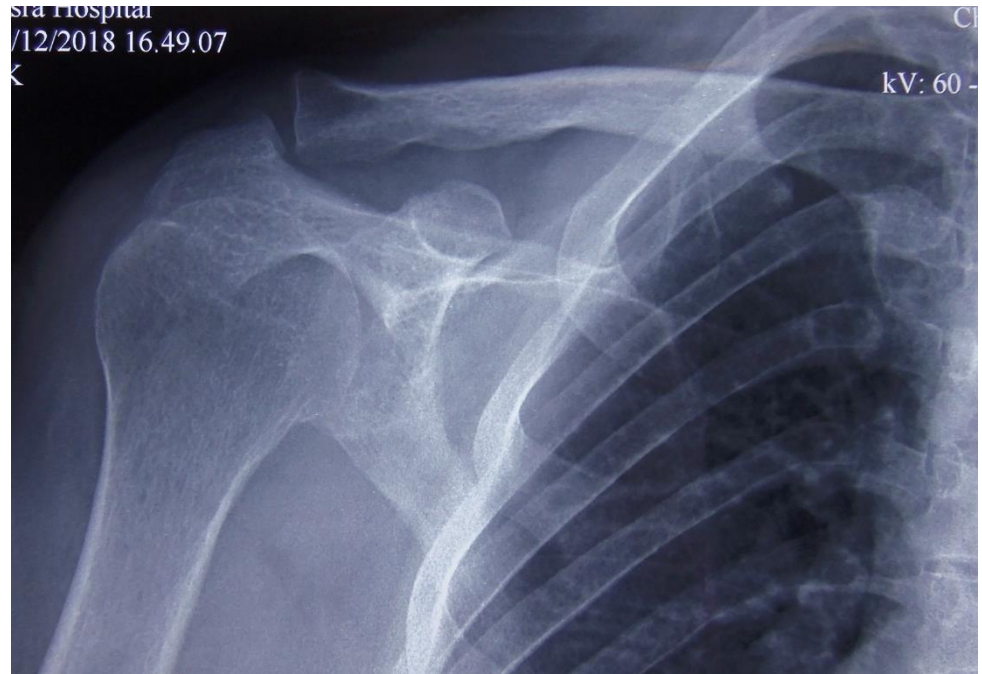
- **Surgery**

- Manipulation Under Anesthesia
- Arthroscopic release



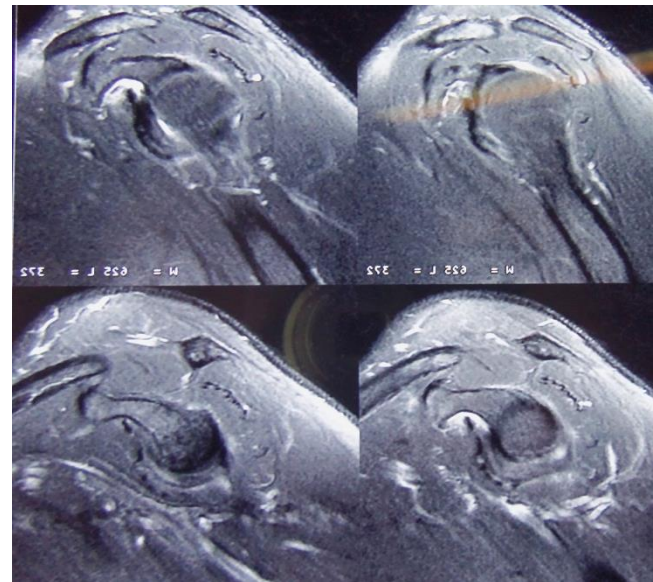
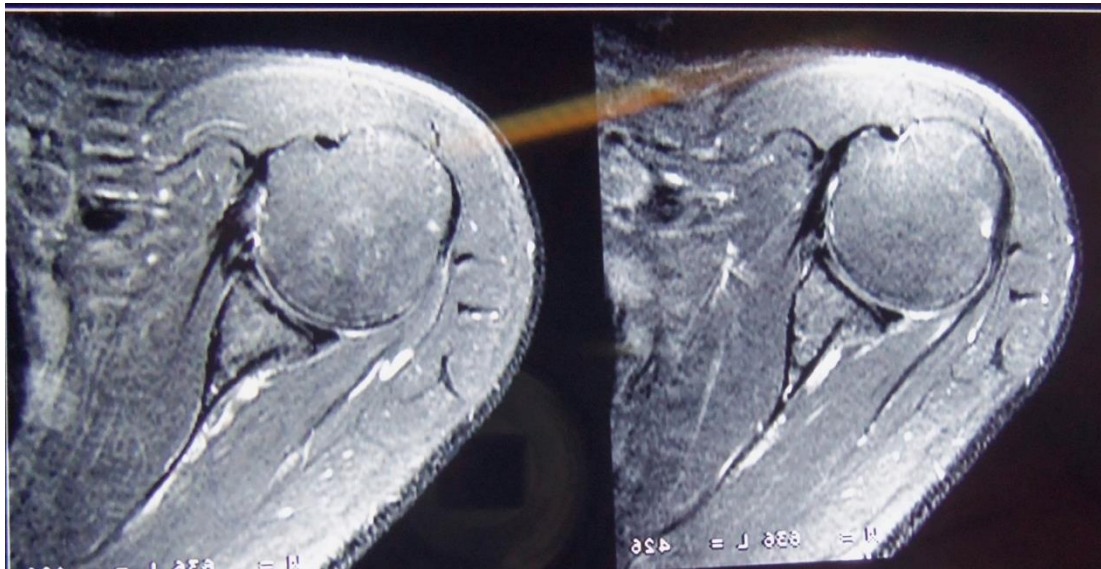
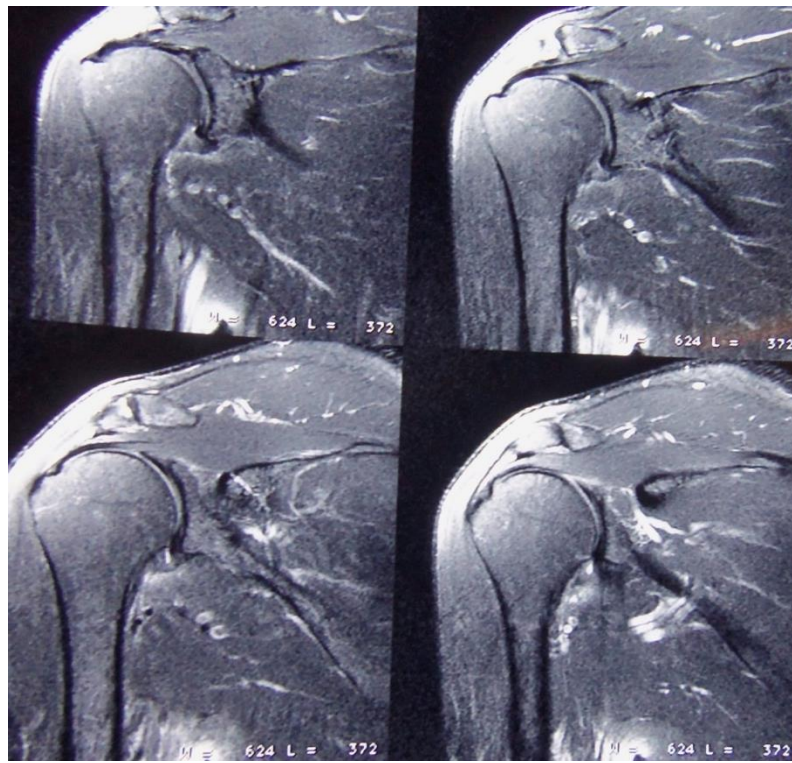
Case 1

- 40 y. male
- Pain and loss of shoulder ROM
 - FF → 90
 - ER → 0
 - IR → sacrum
- Duration 4 month
- Prediabetic
- PT for 20 sessions

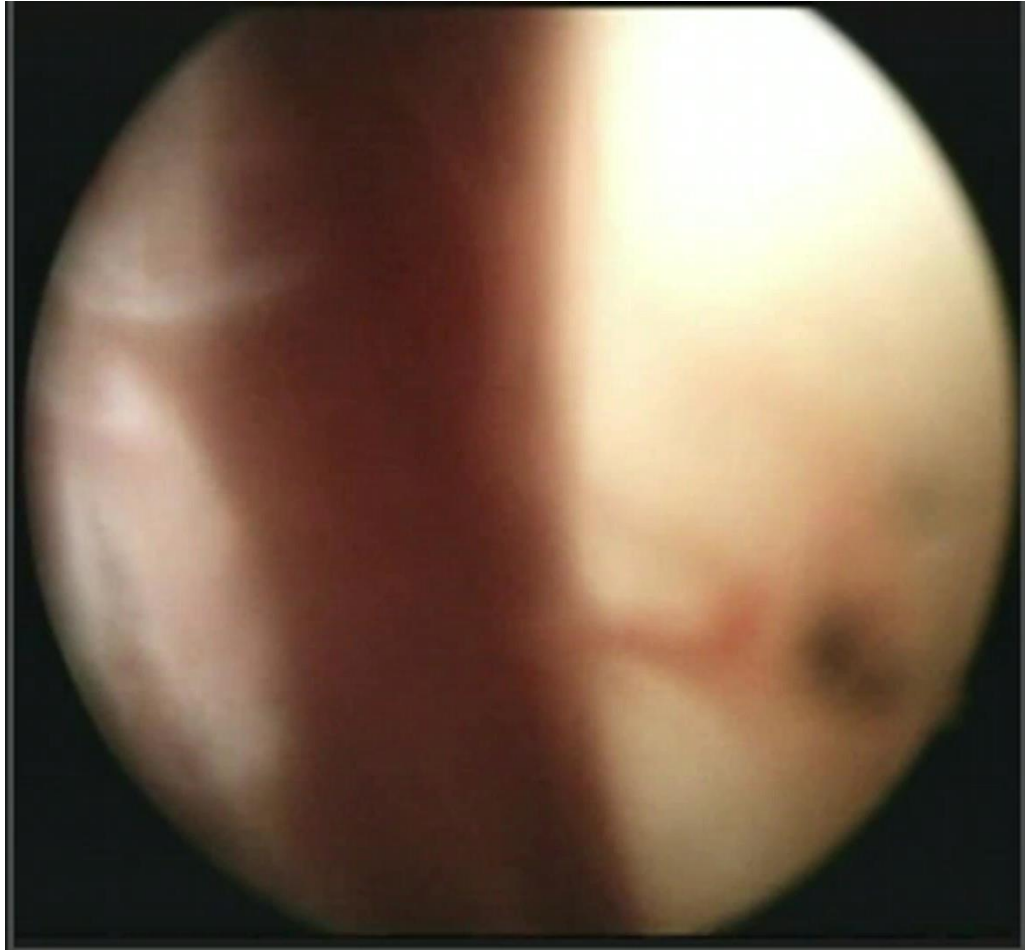


What we do ?

MRI



Our Plan

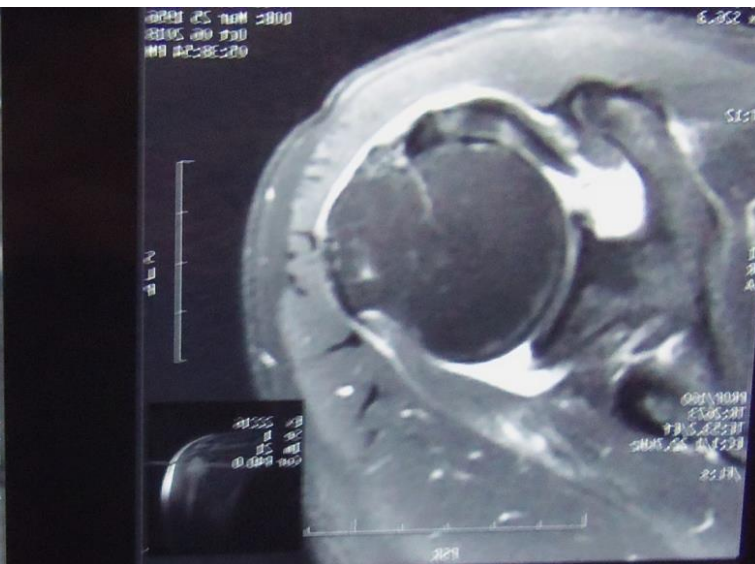
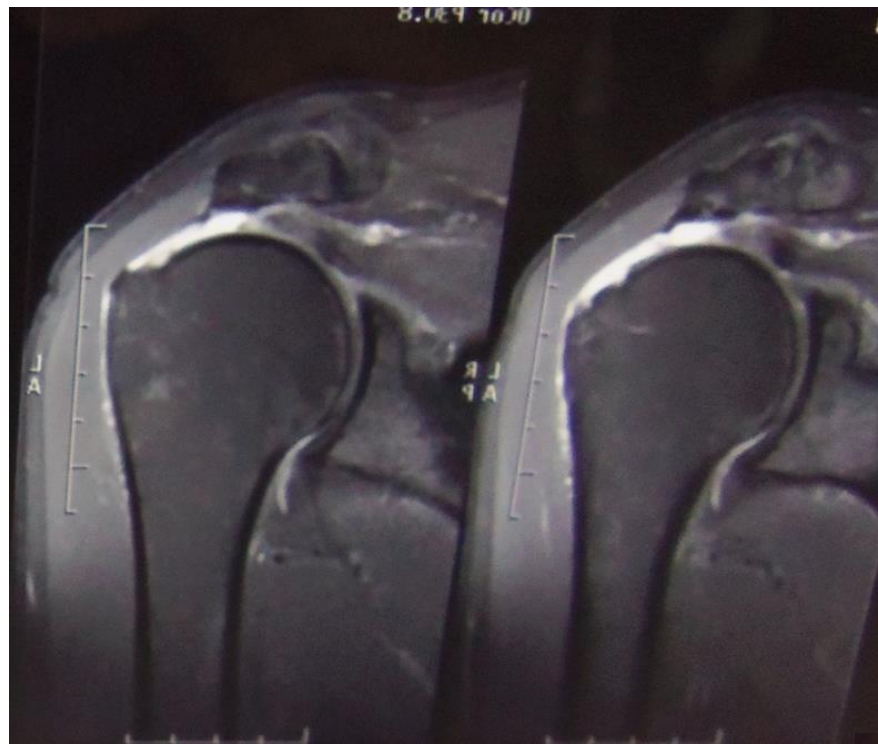


Case 2

- 62 y. male with Shoulder pain & stiffness
- History of Trauma 6 month ago
- No medical illness
- ROM
 - FF → 80
 - ER → 0
 - IR → sacrum



MRI



Simultaneous FS release & RC repair

Arthroscopic Rotator Cuff Repair With Concomitant Capsular Release.

Giuseffi S, Field LD, Giel TV 3rd, Brislin BT, Savoie FH 3rd.

Arthrosc Tech. 2016 Aug 1;5(4):e833-e837. eCollection 2016 Aug.

One-stage surgical treatment for concomitant rotator cuff tears with shoulder stiffness has comparable results with isolated rotator cuff tears: a systematic review.

Sabzevari S, Kachooei AR, Giugale J, Lin A.

J Shoulder Elbow Surg. 2017 Aug;26(8):e252-e258. doi: 10.1016/j.jse.2017.03.005.

Epub 2017 May 3. Review.

Arthroscopic treatment of rotator cuff tears with shoulder stiffness: a comparison of functional outcomes with and without capsular release.

Chuang TY, Ho WP, Chen CH, Lee CH, Liao JJ, Huang CH.

Am J Sports Med. 2012 Sep;40(9):2121-7. doi: 10.1177/0363546512453296. Epub 2012 Jul 26.

One stage FS release + RC reapi



Thanks for attention