THE SHOULDER CAPSULITIS

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What is it?:

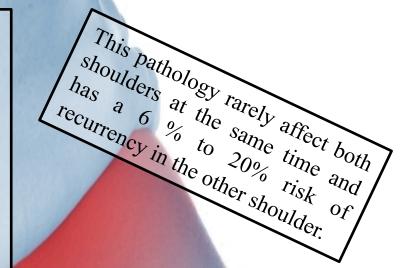
It's a shoulder condition that is characterised by three different stages. The first one is the **pain stage**: the pain is mainly present by night but may become present on day time. There is no loss of shoulder motion. The second part of this condition is the **stiffness stage** where the rotation and abduction movements are limited. The third stage is the **patient recovery.**

Am I at risk? :

- ♦ Women more than men
- ♦ 45 years old and more
- ♦ Diabetes
- ♦ Cardio-respiratory diseases
- ♦ Previous shoulder affections
- ♦ Neurological diseases
- ♦ Inflammatory diseases

What is happening?:

The extra-capsular structures and the capsule itself became retracted and stick together which then caused a decrease in the range of motion available in the shoulder joint. The exact cause of this pathology is unknown but many theories have been developed: inflammatory, vascular, neurological and tissue impacts. Therefore, this disease can happen without a clear cause or following an injury, surgery or another shoulder affection.



The diagnosis:

It's done by medical examination. The loss of range of motion and the pain that's not associated with any kind of activity are the capsulitis characteristics. The X-Rays are normal. Scans and ultrasounds don't present any distinctions. The arthrographic distension can show an intra-capsular volume decrease of the affected shoulder.

The treatment:

- ♦ Anti-inflammatory and analgesic agents
- ♦ PHYSICAL THERAPY: passive exercises, manual therapy, streaching exercises, electrotherapy
- ♦ Cortisone injections
- ♦ Arthrographic distension
- ♦ Arthrographic distension with cortisone
- ♦ Shoulder manipulation under general anesthesia