

Adhesive Capsulitis

Presentation

Shoulder pain with sleep disturbance (may radiate distally)

Gradual restriction of LR > Abd > MR (capsular pattern)

Classification

1. **Painful/Freezing** - 2-9/12
2. **Adhesive/Frozen** - 4-12/12
3. **Resolution/Thawing** - 12-42/12

1. Painful/Freezing.

Analgesia / Injection

2. Adhesive/Frozen

Physiotherapy

3. Resolution/Thawing

Advice to self-manage and promote movement

No Better

No Better

No improvement at 3/12 with severe restricted range or patient has diabetes

Secondary Care