

Frozen Shoulder

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Frozen shoulder is also called “50 shoulder” because it mostly occurs in people of about 50 years of age. It is a result of the body degenerating (please refer to “Common Conditions of Bones and Joints in the Elderly”).

Frozen shoulder usually occurs in one shoulder first; some people may then suffer the problem later in the other shoulder. Symptoms and signs of frozen shoulder are pain in shoulder region and restricted movement of the shoulder.

In some acute cases, patients suffer from swelling and inflammation with extreme soreness. This occurs especially at night causing patients to wake often. Chronic cases can result in muscular atrophy, due to fear of shoulder movement; hence the use of the term “frozen shoulder”.

In cases when patients are either frightened to, or cannot move their shoulders, soft tissues around the joint become stuck together causing scar tissue to be formed. The pain is likely to be less than when inflamed but the treatment will be more difficult.

In the early stages of frozen shoulder (when the joint is inflamed and sore), applying **Greatpatch-S** will be very helpful. One or two patches should stop the pain. Acupuncture is also very effective for these cases and the problem is usually cured in a few visits.

For chronic cases where soft tissues are stuck together and the shoulder movement is restricted, Tuina (Chinese therapeutic massage, acupressure and joint manipulation) should be employed to relax muscles, improve local blood circulation, separate scar tissue and improve shoulder movement. Better outcomes will be achieved if, in conjunction with acupuncture, and Greatpatch is applied. **Greatpatch-S** should be used in cases with swelling or **Greatpatch-A** should be used where there is no swelling. Five to ten visits should be necessary in such cases.