

**Cycle 3- Shoulder
2303 - Frozen Shoulder
SCRIPT**

(1)

EDMOND YOUNG, MD:

"Frozen shoulder" is a term that has been used generically to describe the condition. But it can be a little bit misleading.

(2)

RONALD NAVARRO, MD:

It comes from the idea that the motion is limited. So in the earlier days, they just thought it's frozen. Well, there's motion, but limited motion. So it's sorta frozen. It's-- it's freezing. But it-- there is some motion allowed. It-- it's only in the worst cases that there's no motion, to the idea that it's frozen with no motion.

(4)

EDMOND YOUNG, MD

"Adhesive capsulitis," which is the real medical condition, has a very specific connotation.

(5)

EDMOND YOUNG, MD

When adhesive capsulitis sets in, that normally very thin, flexible casing, which you're never really aware of, suddenly becomes very obvious, because it becomes stiff. And, now, instead of the shoulder having a very easy range of motion, that capsule becomes very tight and stiff, and you're no longer able to raise and lower your arm in the way you would normally expect to.

(6)

RONALD NAVARRO, MD:

Frozen shoulder, adhesive capsulitis is not as common as a cuff injury or-- or actually a cuff tear. You first think of that, but once you start to examine the patient and you see that their motion is-- is not full, and both-- both their active motion, which means the patient is moving on their own, as well as their passive motion where I am moving for them.

Both of those, active motion, them moving on their own, and passive motion, I moving wi-- for them, if those are both limited and similar-- similarly limited, that's when I start begin-- beginning to think about this idea of frozen shoulder or capsulitis.

(7)

EDMOND YOUNG, MD

The patient with a frozen shoulder typically describes, "It doesn't matter; I just can't seem to move my arm. I can't go here. I can't reach behind my back." For a woman, "I can no longer fasten my bra. I can't get dressed in the morning."

And they find that, no matter what direction they move, they just can't do it and that it hurts. And so, that's a l-- one of the distinguishing characteristics. Most other conditions of the shoulder tend to hurt in pretty specific directions. And frozen shoulder, it just hurts, and it's stiff everywhere.

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