



P O R T L A N D

CHIROPRACTIC · NEUROLOGY

Case Study 7: “Frozen Shoulder” Adhesive Capsulitis

Previous diagnosis: Adhesive Capsulitis

Previous course of treatment: Physical Therapy

Length of treatment: 2 weeks

History:

He has a loss in Range of Motion of his R shoulder. Pain is severe 8/10 in between R deltoid and R elbow. Pain is often felt between biceps and triceps, or on top of the biceps. This has been going on for about a year. He has been seeing Physical therapist for a year, but hasn't seen any improvements. Started when he moved to Florida and started swimming every day. He has numbness in right thumb. Weakness in R hand grip, but PT helped regain hand strength quite a bit. Also states he has an Ulnar sensitivity on the inside of his elbow.

What was found during her examination:

- Forward head carriage.
- Internally rotated shoulders.
- C5 RP, T1 RP, T1 R first rib, R Acromio-clavicular joint, T2 RP, T4 RP, T3 R anterior rib.
- Myospasm of R Rhomboids/Trapezius.
- Winging of right scapulae.
- Weakness of R Serratus Anterior.
- Spasm of R anterior/middle deltoid.
- Shoulder Flexion and Abduction were 90 deg, Internal rotation was severely reduced, extension was 30 deg, all of which were extremely weak and painful for the patient.

Summary of Presenting Case:

I only had two weeks to get anything done, because this patient was moving Florida. Myo-fascial and Proprioceptive Neuro-facilitative stretching techniques to spasming muscles were utilized throughout most of this case, as were adjustments to the AC joint, C5, T1-2, anterior ribs and Gleno-humeral joint. Also applied Cold Laser and E-stim to the affected regions of the shoulder for 20 minute periods. Patient showed a very favorable response immediately after first treatment and continued from there. By the end of the second week he had complete range of motion in the shoulder, except for some lagging internal rotation, but was very enthusiastic. He also had increased strength in his hand-grip and all shoulder movements.

End Result- NO pain throughout movement and complete ROM back in right shoulder.