



Dr. Dhrumil M. Patel (M.S.Ortho)

SPORTS MEDICINE – ARTHROSCOPY,
JOINT REPLACEMENT SURGEON

FELLOW :

SPORTS MEDICINE (SARASOTA, U.S.A.)
SHOULDER JOINT (U.S.A. & PUNE –DMH)
HIP JOINT (KHU., SEOUL, S. KOREA)
KNEE JOINT (MUNICH, GERMANY)
FOOT & ANKLE JOINT (LONDON, U.K.)

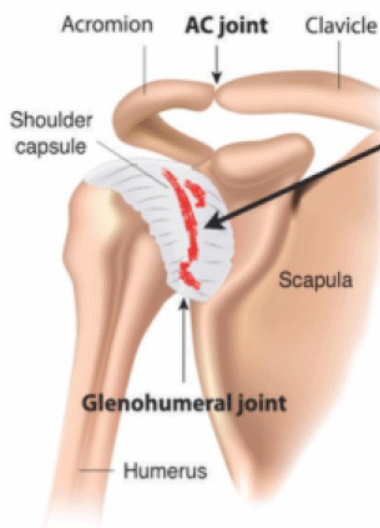


FROZEN SHOULDER

Frozen Shoulder/Periarthritis/Adhesive Capsulitis

- Causes pain & stiffness in shoulder
- Develops over time, becomes very hard to move
- Occurs in 2% of general population
- Affects people b/w ages 40 to 60 years
- Women > Men

Frozen Shoulder (Adhesive Capsulitis)



The buildup of scar tissue restricts movement inside the joint, resulting in pain and severely limiting motion.



Information :

- Shoulder capsule thickens and becomes tight.
- Adhesions develop and amount of synovial fluid decreases inside the joint.
- It is frequently associated with cuff tendinosis or cuff degeneration.
- Mainly affects rotations at shoulder joint.



FROZEN SHOULDER



Risk factors :

- Diabetes
- Thyroid disorders
- Parkinson's diseases
- Cardiac diseases
- Immobilization

Symptoms :

- Dull aching pain in outer side of shoulder or arm
- Pain with movement

Imaging tests :

- X rays – may show arthritis
- MRI – decreased rotator interval, tight inferior capsule, torn cuff

Treatment :

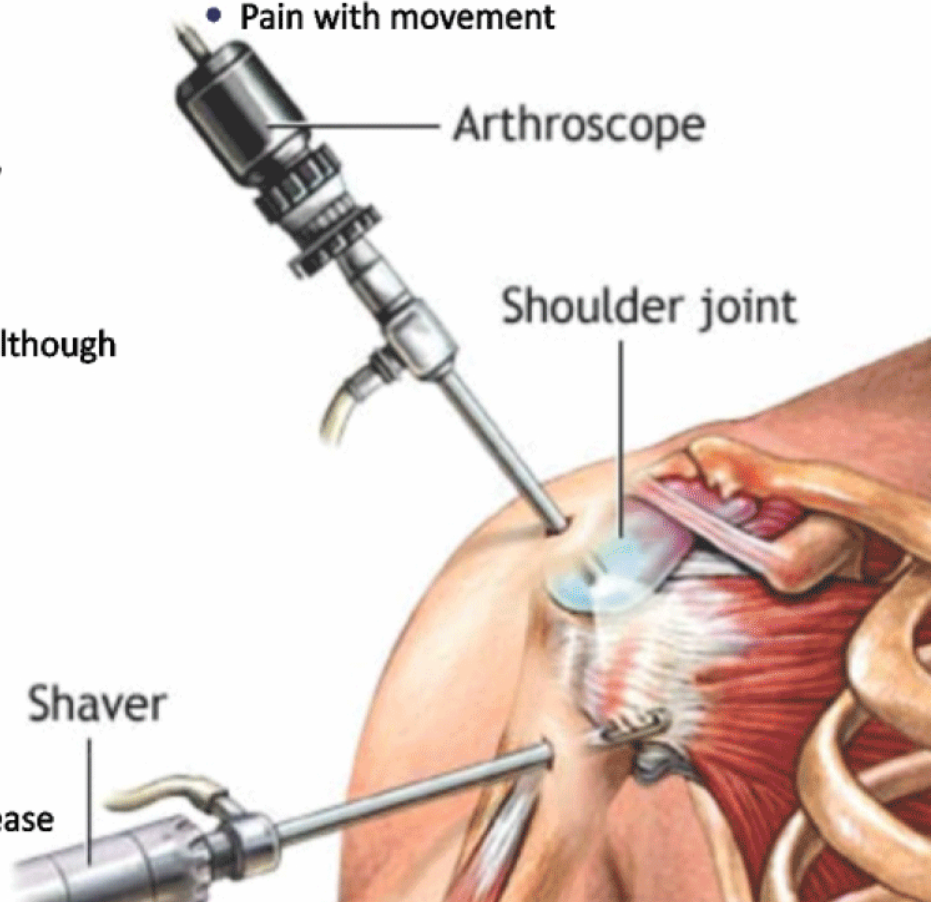
- Generally gets better over time although it may take up to 3 years.

Non surgical treatment :

- NSAIDs
- Physiotherapy
- Injection – local HC, PRP, Visco-supplementation (Jelly)

Surgical treatment :

- Arthroscopic rotator internal release
- Subacromial decompression



NAVRANG HOSPITAL

Nr. Amit Nagar Circle, Besides HDFC Bank,
VIP Road, Karelibaug, Vadodara – 390018.
Ph : 2492233, 2493344, Fax : 2466392
E-mail : navranghospital@gmail.com
Website : www.navranghospital.com

FOR APPOINTMENT 98796 17609

FOR EMERGENCY 96876 17608

Mediclaim Cashless facilities available.

C.B.D.T. approved Hospital {Income Tax-1961-17(2)(B)}

For Mediclaim Filing :

Tuesday to Friday (1.00 p.m. to 5.00 p.m.)

EMERGENCY SERVICES 24 HOURS

Follow us :



OPD Timing :

Morning: 11-00 to 2-00, Evening: 5-00 to 7-00,
Saturday Evening & Sunday O.P.D Closed.