

INJURY OF THE MONTH

FROZEN SHOULDER

WHAT IS FROZEN SHOULDER?

Frozen shoulder (adhesive capsulitis) is a condition where a **shoulder becomes painful and stiff**. Movements become reduced, sometimes completely 'frozen'. It is thought to be due to **scar-like tissue** forming in the shoulder capsule, often following an injury. Without treatment, symptoms may persist for 2-3 years.

WHAT ARE THE SYMPTOMS?



- **Develops slowly** in stages
- Pain occurs with any movement of shoulder
- **Stiffness** in the shoulder
- **Limited range of motion**

HOW CAN AIRROSTI HELP?

Airrosti providers consistently and effectively treat musculoskeletal conditions by **addressing the cause of pain**, not just mitigating the symptoms.

- Detailed examination to diagnose true injury
- Quality one-on-one patient care
- Highly specific, non-invasive manual therapy
- Individualized active rehabilitation program
- **Avg. number of Airrosti visits to resolve most conditions = 3** (based on patient-reported outcomes)

ASK YOUR DOCTOR OR CALL TODAY TO SCHEDULE:

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