genesis health light

Treatment Protocol:
Frozen Shoulder

Protocol Information

Disorder:	Frozen Shoulder	Date:	May 4, 2011
Developed By:	Dr. Hao Wu	Reviewed By:	Dr. Paul Ziemer

Protocol Description

Disorder Description:

Also called swimmer's shoulder; pitcher's shoulder; shoulder impingement syndrome; tennis shoulder; rotator cuff tendinitis. Frozen shoulder is when the shoulder is painful and loses motion because of inflammation. Rotator cuff tendinitis is an inflammation (irritation and swelling) of the tendons of the shoulder. Tendonitis occurs when a tendon becomes inflamed due to repetitive stress or an injury. It commonly occurs in the major joints of the body: the shoulder, elbow, wrist, hip, knee, or ankle. Tendonitis can be quite painful, especially during movement. Usually there is tenderness and sometimes swelling in the affected joint.

Treatment Position:

Treatment over rotator cuff insertion and nerve root exit of the affected side:

1. rotator cuff: 10 min High
2. rotator cuff insertion; 10 min High
3. affected axillary; 10 min High
4. cervical vertebrae 3-5; 10min High
5. cervical 6-thoracic 2; 10 min High

Treatment Protocol: Time: 50mins Position: 5 Light: High Treatment Interval: 1-2 time/day, 2-4 weeks

Result: ☐ Satisfactory ☐ Acceptable ■ Desirable ☐ Exceptional ☐ Fully healed