

Chapter 9

Adhesive Capsulitis



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Which structure in the shoulder is most often involved? [1]	Joint capsule
How many stages of progression are there?	Four
What is the most common presentation?	Pain of insidious onset over several months
Patients often complain having difficulty with which activities?	Sleeping on affected side, combing hair, or reaching behind back
Who are the most common demographic affected?	Women aged 40–60 years old
Which endocrine disorders are often implicated?	Diabetes and hypothyroidism
How is this condition best diagnosed?	Physical exam

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Which exam finding is most specific?	Limited passive range of motion in external rotation
What is the mainstay of treatment?	Intra-articular corticosteroid injection and physical therapy
How much time may it take for resolution of symptoms with nonoperative treatment?	Up to 2 years

References

1. Neviasser AS, Neviasser RJ. Adhesive capsulitis of the shoulder. *J Am Acad Orthop Surg.* 2011;19(9):536–42. <http://www.ncbi.nlm.nih.gov/pubmed/21885699>. Accessed 12 Jul 2017.