

An Affordable Way to Treat Frozen Shoulder

Majid MM*

Mustansiriyah University/College of Science, Baghdad, Iraq

Opinion

Frozen shoulder, or adhesive capsulitis, a condition characterized by pain and stiffness in the shoulder. And over time, moving the shoulder becomes difficult and extremely painful. It commonly affects people between 40 and 60 of age and occurs in women more often than men. People with diabetes are more likely to develop frozen shoulder. Physical therapy, with a focus on shoulder flexibility, is the primary treatment recommendation for frozen shoulder. In an attempt to find an accessible and effective way to treat the frozen shoulder, a sample of 13 volunteers with the frozen shoulder was selected and asked to follow the following method, which involves exposing the affected shoulder to a stream of hot water (Maximum tolerable water temperature ≈ 40 °C) for a continuous 5-7 minutes, with a rotating movement of the shoulder. Eight of the thirteen patients had symptoms that disappeared permanently and no longer felt pain or stiffness, and their normal ability to move the shoulder joint returned to its previous state before the disease. In the other five patients, the symptoms improved significantly, with some symptoms remaining and some limited movement. This may be related to not reaching the required time and temperature. Which may require repeated trying one or more times to reach the desired recovery.

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***Corresponding author:** Majid MM,
Mustansiriyah University/College of
Science, Baghdad, Iraq

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