

FROZEN SHOULDER



GOOD EVIDENCED BASED PRACTICE

NON EVIDENCED BASED PRACTICE

SELF CARE AND GUIDED SELF MANAGEMENT



PAIN MEDICATION

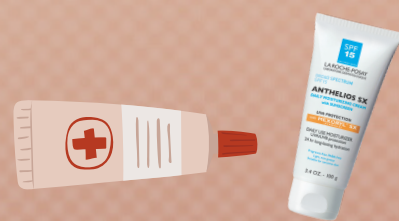
(Ibuprofen, paracetamol, co-codamol etc)

MANUAL THERAPY



PHYSICAL THERAPIES

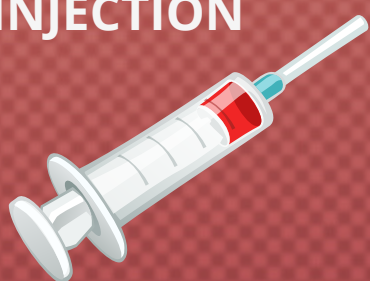
GELS & CREAMS (volterol, deep heat, tiger balm etc)



HEAT / ICE



CORTICOSTEROID INJECTION



ARTHROSCOPIC CAPSULAR RELEASE (SURGICAL RELEASE)



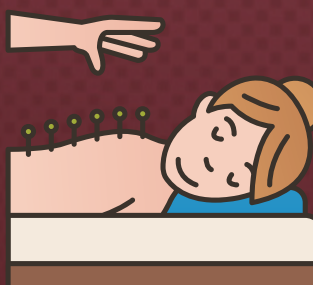
TAPING



SPECIFIC DIET OR SUPPLIMENTS



MANIPULATION UNDER ANAESTHETIC (MIU)



OTHER THERAPIES:

- TENS
- ULTRASOUND
- ACUPUNCTURE