

BioFlex LILT Patient Testimonials :

Frozen Shoulder

Frozen shoulder, medically referred to as adhesive capsulitis, is a disorder in which the shoulder capsule, the connective tissue surrounding the glenohumeral joint of the shoulder, becomes inflamed and stiff, greatly restricting motion and causing chronic pain.

Frozen shoulder is a painful and disabling condition that often causes great frustration for patients and caregivers due to slow recovery. Movement of the shoulder is severely restricted. Pain is usually constant, worse at night, when the weather is colder, and along with the restricted movement can make even small tasks impossible. Certain movements or bumps can cause sudden onset of tremendous pain and cramping that can last several minutes.

This condition, for which an exact cause is unknown, can last from five months to three years or more, and is thought in some cases to be caused by injury or trauma to the area.

Traditional treatment may be painful and taxing and consists of physical therapy, medication, massage therapy, hydrodilatation or surgery. A doctor may also perform manipulation under anesthesia to break up the adhesions and scar tissue in the joint in an attempt to help restore some range of motion. Pain and inflammation are traditionally treated with analgesics and NSAID's. The condition can resolve over time without surgery, but this may take up to 2 years. People who suffer from adhesive capsulitis may have extreme difficulty working and going about normal life activities for several months or longer.

The good news... Frozen Shoulder can be successfully treated with Low Intensity Laser Therapy!

Laser therapy treatments over a period of several weeks will reduce the chronic inflammation within the joint, gradually restoring range of motion and normal function. Patients who were formerly told to wait for it to heal can now receive laser therapy treatments to get them back to normal daily function much more quickly than without treatment. Once the initial stage of care is completed, laser treatments are given in conjunction with at-home daily stretching exercises to increase range of motion and restore proper function of the shoulder.

Kelowna Laser Therapy Success Story:

51 year old female came to our clinic with severely restricted range of motion in her left shoulder, diagnosed as frozen shoulder. The condition was interfering with sleep and making normal daily activities impossible. She was in extreme pain and could not tolerate manipulation of her shoulder.

Within 7 treatments there was a decrease in pain and increase in range of motion, which continued to gradually improve during the course of treatment. Within 2 months, patient incorporated stretching exercises at home and was able to return to most normal daily activities.