

Due to its incredible success (90%) at treating Frozen Shoulder, ART is the logical first choice for the treatment of this condition.

For more information or to make an appointment, call our clinic at 403-241-3772.

### **Edgemont Chiropractic Soft Tissue Management Systems**

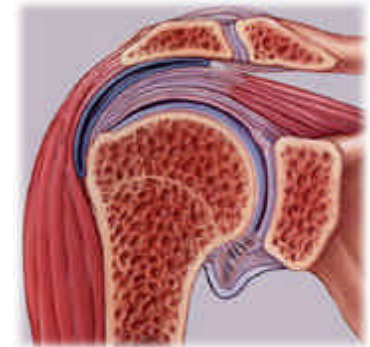
Bay #10, 34 Edgedale Dr. N.W.  
Calgary, Alberta, T3A-2R4

Phone: 403-241-3772  
Fax: 403-241-3846

Email: [abelsonb@shaw.ca](mailto:abelsonb@shaw.ca)

This material is not intended to be a substitute for professional medical advice. You should not use this material to diagnose or treat a health condition or disease without first consulting with a qualified healthcare provider.

## **Frozen Shoulder**



### **Active Release Technique**

*The Preferred Choice  
of Treatment*

Frozen Shoulder results from the shrinking, and subsequent and scarring of a previously normal joint. Frozen Shoulder results in:

- Significant loss of movement and shoulder pain.
- Pain that can last from weeks to many months.
- Loss of movement that can last months to years.

Fortunately, you can take steps to control the pain and regain full range of motion.

### **Anatomy of Frozen Shoulder**

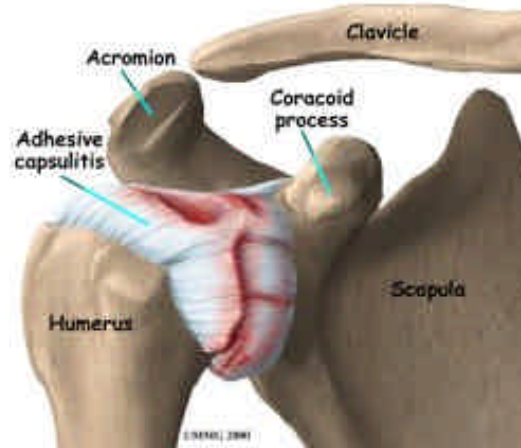
A *ligament* is a soft tissue structure made up of connective tissue. Ligaments attach bones to bones.

The *shoulder joint capsule* is a loose bag of tissue that completely surrounds the shoulder joint. This joint capsule is made up of ligaments that form a water tight bag.

Inside the bag is a small amount of joint fluid that lubricates the joint surfaces. The joint capsule bag has a considerable amount of slack, loose tissue that allows for unrestricted shoulder movement.

### **Causes of Frozen Shoulder**

Frozen shoulder can be caused by many situations, including shoulder injury, cumulative trauma, diabetes, thyroid problems, and heart or lung conditions.



One theory is that the condition may be due to an **autoimmune reaction** in which the body's defence system (which normally protects the body from infection) mistakenly begins to attack parts of the body. The immune system thinks that the tissue it is attacking is foreign material. This causes an intense inflammatory reaction in the tissue that is under attack, and causes the shoulder to "freeze up".

### **Active Release Technique® (ART®)**

ART is a relatively new, and highly successful approach, for the treatment of injuries to muscles, tendons, fascia, nerves, and surrounding soft tissues. ART has proven to be very effective for the treatment of Frozen Shoulder, with a success rate exceeding 90%.

ART provides a means to diagnose and treat the underlying causes of soft tissue injuries. The goal of ART is to:

- Restore optimal texture and motion.
- Restore the function of the soft tissue.
- Release any entrapped nerves or blood vessels.

This is accomplished through the removal of adhesions in the soft tissues through the application of specific ART protocols.

### **Conventional vs. ART**

Conventional treatment of Frozen Shoulder can be frustrating, slow, and very painful. Conventional treatment uses an indirect approach that uses shoulder joint motions to stretch the shoulder capsule

ART's more direct approach, working with ALL the affected soft tissues, decreases the required treatment time and results in rapid and improved results.

### **What should I expect during an ART treatment?**

During an ART session, we examine tissue texture, tension, and movement to identify the location of abnormal inflammation and adhesions.

The process of breaking up the adhesions treatment can be uncomfortable to the patient, but the results are immediate.

Once the soft tissue has returned to its normal state, the ART practitioner prescribes specific exercise to strengthen the tissue and prevent reoccurrences of the injury.

Patients typically see significant improvements after only two or six ART sessions.