

The Big Lie About Frozen Shoulders We See Again & Again.

Frozen shoulder or adhesive capsulitis is a common but poorly understood condition that causes pain and decreased motion at the shoulder.

While a frozen shoulder is minimally understood, what is known is that when you have it you typically experience three phases:

1. Freezing Stage: You begin to lose motion in the shoulder, and it becomes increasingly painful. This phase generally lasts 6 to 9 weeks.
2. Frozen Stage: The shoulder becomes less painful, but the stiffness remains. This phase can last 4 to 6 months. Unfortunately, activities of daily living can be exceedingly difficult to perform during this time.
3. Thawing Phase: During this phase, the shoulder begins to gradually improve and return to normal. Both strength and range of motion are often regained. This usually takes 6 months to 2 years to occur.

So, two things to note. One, it often improves on its own over time. And two, it can take several months and even a few years to make it through all the phases.

Can exercises move things along? It seems yes. Especially in thawing phase. And exercise can give you the best chance for regaining normal range of motion and strength. But this is where the big lie comes in. Here are 10 titles from YouTube we have gathered from YouTube. *They tout a miracle cure -often in seconds-for frozen shoulder.*

1. **Frozen Shoulder GONE in Seconds with AMAZING Chiropractic Adjustment**
2. **FROZEN SHOULDER CURE: NON-SURGICAL DISCOVERY! Dallas, Tx**
3. **5 Months of Frozen Shoulder Relieved FAST (+ FOLLOW-UP !!!!)**
4. **SEVERE * Frozen Shoulder RELIEVED In Minutes (REAL TREATMENT!!!!)**
5. **Frozen Shoulder Patient Amazing Natural Cure Before & After**
6. **60 Second Shoulder Release for Frozen Shoulder / Adhesive Capsulitis - Dr Mandell**
7. **FROZEN SHOULDER release by James Waslaski using CRYODERM**

**8. ADHESIVE CAPSULITIS FROZEN SHOULDER FIXED WITH ONE TREATMENT!
TRIGENICS OAT PROCEDURE**

**9. Successful Treatment for Frozen Shoulder—using Applied
Kinesiology/Chiropractic**

10. Frozen shoulder exercises – how I got relief in just two days.

We have looked through the research and there definitely is no quick or miracle cure for frozen shoulder. We believe the above titles to be misleading at best.

However, we would highly recommend you work to stretch and strengthen the shoulder. Exercises will give you the best chance for regaining shoulder range of motion and strength. Even if it does take a good amount of time.