

What is Causing Your Shoulder Pain? Frozen Shoulder? How to Tell.

When you have a frozen shoulder, the main symptoms are pain and stiffness with nearly all movements of the shoulder.

To Test:

1. Stand in front of a mirror. Raise the affected arm straight forward with the elbow straight and your thumb pointing up. If you have a frozen shoulder the motion will usually be limited to just above parallel with the floor. You may also feel pain in the arm as you lift it. Compare this movement to the non-affected shoulder.



2. Stand in front of a mirror. Raise the affected arm out to your side with the thumb pointing up. Again, motion in a frozen shoulder will usually be limited to parallel to the floor, or even less. Compare this movement to the non-affected shoulder.



3. Stand in front of a mirror. Bend both elbows to 90 degrees. Place both elbows into your side. With the elbows tucked in, rotate your hands out and maintain the 90-degree angle. The affected arm will not move as far as the non-affected arm.



Women tend to get a frozen shoulder more than men. Typical age for a frozen shoulder is between 40 and 60. You are more likely to get a frozen shoulder if you have diabetes. Recent trauma (surgery or arm fracture) can put you at a higher risk for frozen shoulder. Heart disease, thyroid disease, and Parkinson's disease are also linked to frozen shoulder. It can be hard to sleep at night due to the pain in a frozen shoulder.