



# FROZEN SHOULDER

## QUICK START GUIDE

A clear, evidence-based starting point  
By Perth Shoulder Physio

### Frozen Shoulder: What You Need to Know Right Now



*If you're reading this, there's a good chance your shoulder pain has been persistent, worsening over time, disturbing your sleep, or not responding to "normal" treatment.*

*Frozen shoulder (also known as adhesive capsulitis) is one of the most frustrating shoulder conditions — not because it's dangerous, but because it's poorly understood, commonly mismanaged, and slow to resolve.*

#### The good news



Frozen shoulder does improve over time



You're not doing anything "wrong"



With the right guidance, pain can be better managed and setbacks avoided

#### Why this guide?

This Quick Start Guide is designed to help you understand what's happening, clarify common mistakes, and give you safe, sensible early direction. It is not a full rehabilitation program — that's what the full guide is for — but it will help you feel more informed and less overwhelmed.

# IS IT REALLY FROZEN SHOULDER?



## Key signs of Frozen Shoulder

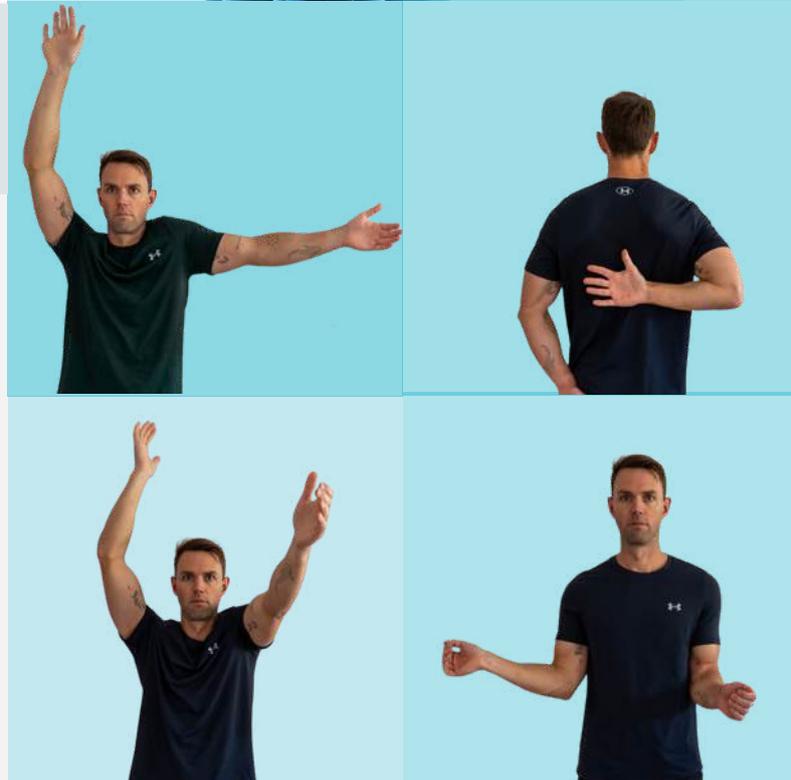


Gradual onset of pain (often without injury)

Pain that worsens at night or disrupts sleep

Increasing stiffness over weeks to months

Loss of movement in multiple directions



*loss of movement in left shoulder*

Frozen shoulder is often misdiagnosed early. Many people are told they have rotator cuff problems, bursitis, or other shoulder issues. A key feature is that movement becomes restricted.

## When to get assessed?

Seek assessment if pain lasts longer than 6–8 weeks, stiffness is worsening, sleep is disrupted, or previous treatment hasn't helped.

# WHAT NOT TO DO... (THIS MATTERS)



Avoid aggressive stretching. Forcing movement into pain often increases inflammation and can worsen night pain.



Don't chase pain relief alone. Passive treatments without guidance may reduce pain temporarily but don't provide any long term benefit.



Be cautious with generic exercise programs. Many online programs ignore the stage of the condition and overload sensitive tissue.

## Why these mistakes backfire...



Frozen shoulder is driven by capsule inflammation, not muscle tightness



Painful stretching increases inflammatory signalling



Inflammation → more night pain → more guarding → more stiffness

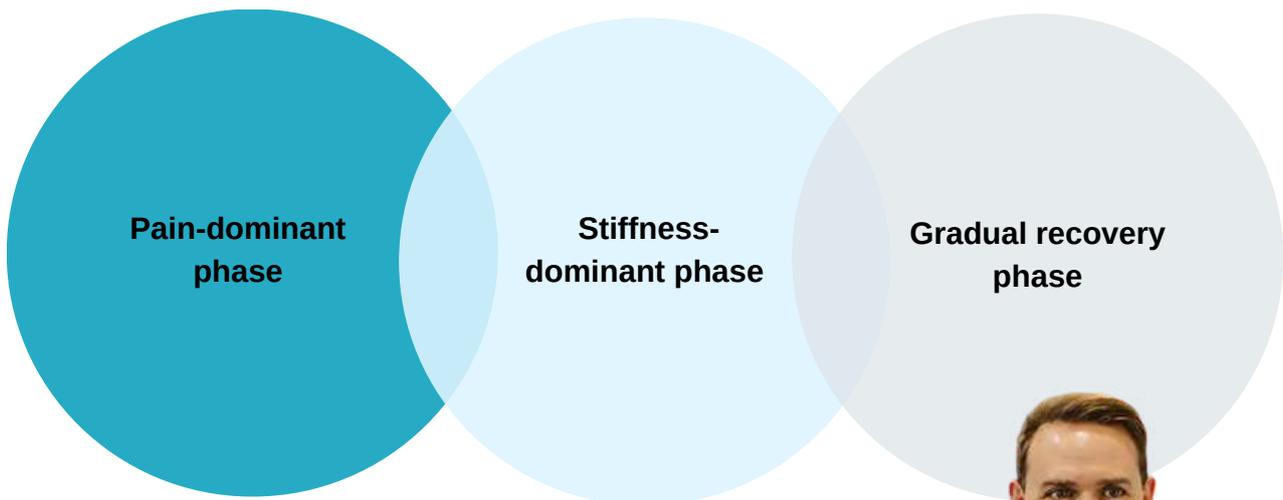


Short-term relief ≠ long-term progress

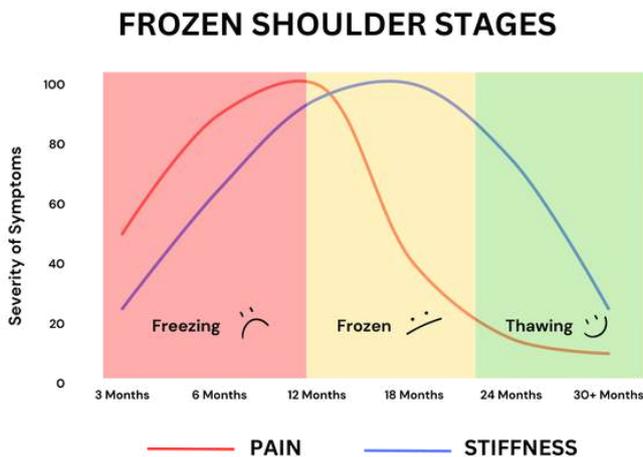
# THE BIG PICTURE TIMELINE



Frozen shoulder progresses through overlapping stages:



*Symptoms often last 12–36 months, but timelines vary and correct management can reduce unnecessary suffering.*



# WHAT ACTUALLY HELPS



*Early priorities are comfort, confidence, and protection. This stage is about management, not fixing the shoulder.*

## Helpful Strategies

## What improvement looks like (early on)



- Activity modification
- Sleep positioning
- Gentle pain-limited movement
- Understanding which movements to avoid.



- Slightly better sleep
- Fewer sharp “zinger” pains
- Less background aching
- More confidence using the arm within limits

## It does not mean:

- Rapid return of movement
- Pain-free stretching
- “Fixing” stiffness quickly



*Early success is about  
stability, not speed.*

# WHAT'S INSIDE THE FULL GUIDE?

## Frozen Shoulder Self-Care Guide

Understand. Take Control. Recover



Inside the full guide you'll find structured, stage-specific guidance covering:

Understanding frozen shoulder

Treatment options explained

The stages explained clearly

Managing daily life and recovery

What to do during each stage

Exercises and progressions

## Why the full guide exists

### Most online advice:

- Treats frozen shoulder like a muscle problem
- Pushes exercises too early
- Focuses on isolated treatments
- Offers reassurance without direction

### This guide provides:

- Stage-specific decision making
- Clear “do / don’t” guidance at each phase
- Explanation before exercises
- Clinical reasoning, not generic rehab plans

“If you’ve already tried rest, physio, or exercises without success — this guide shows you how to recalibrate rather than push harder.”

*Written by a shoulder physiotherapist with 20+ years of clinical experience treating frozen shoulder.*

**READY TO  
TAKE THE  
NEXT STEP?**



## Frozen Shoulder Self-Care Guide

Ready for clear, step-by-step guidance? Download your copy today.

[CLICK HERE](#)

