



## **AdvaCare Clinics: Chiropractic Treatment for Frozen Shoulder Bloomington MN**

Are you suffering from the pain or stiffness of a **Frozen Shoulder (FSS)**? If so, there is relief in Chiropractic Care at AdvaCare Clinics, located in Bloomington, MN. We are an outpatient rehabilitation facility experienced and highly knowledgeable in treating Frozen Shoulder Syndrome. The more common medical term for Frozen Shoulder is *adhesive capsulitis*; this condition affects ligaments, tendons and bones in the shoulder and can make daily life exceptionally difficult. It can leave a person sleep deprived, unable to put on a shirt, coat, drive and make it hard to complete a multitude of tasks that many people, without shoulder and arm pain, don't even realize involves shoulder movement.

### **What is Frozen Shoulder Syndrome?**

The primary cause for frozen shoulder is not clear but it is thought to originate in the spine, which is why chiropractic care is so effective at treating it. Frozen Shoulder has three phases: *Freezing, Frozen and Thawed*. This shoulder difficulty can persist for easily 2 years and if left untreated, a frozen shoulder may never fully recover.

### **Common Symptoms of Frozen Shoulder?**

- Pain when Moving Shoulder
- Decreased Mobility
- Shoulder Stiffness
- Inability to Raise or even Move your Arm
- Slouched Shoulder
- Shoulder Tissue Inflammation

### **Who is at Risk for Frozen Shoulder?**

- Someone with a long standing Medical Condition
- A person who is recovering from Surgery
- An individual that has experienced a Shoulder Injury
- People over the age of 40
- Women are more than twice as likely as Men to suffer from this condition

### **Frozen Shoulder Diagnosis**

At your appointment, we'll test your comfortable range of motion to determine the severity of your conditions. We'll also look into your medical history, any past health

problems, current health conditions and any medical operations you've been through. Having a clear insight of your full medical past and present, as well as completing medical tests and imaging will help us to determine that you are indeed suffering from Frozen Shoulder and not a another injury.

### **Frozen Shoulder Treatment Bloomington MN**

Many times prescriptions will be written to manage the pain and surgery is suggested. At AdvaCare Healthcare Clinics we are passionate about effective, non-invasive treatments which can prevent surgery, restore bodily function and relieve the pain and discomfort you are feeling. The goal of Frozen Shoulder Treatment is to restore shoulder mobilization and eliminate pain; successful treatment time varies depending on the severity of the Frozen Shoulder but Chiropractic Adjustments can quicken the healing time, allowing you to get back to your normal life.

### **Outpatient Rehabilitation Facility Bloomington MN**

Along with Chiropractic Care, Physical Therapy is another beneficial treatment we suggest for anyone suffering from a frozen shoulder. Each patient is unique, which is why no treatment plan is identical. When you come to our Bloomington Outpatient Rehabilitation Facility you will get the attention you deserve and a customized treatment plan that is fully explained to you.

**If you would like the best chance to once again move your shoulder freely, contact AdvaCare Clinics today at (952) 835-6653 or email [drdennis@advacaremn.com](mailto:drdennis@advacaremn.com)!**

