



ACTIVE BALANCE



***Frozen Shoulder
aka
Adhesive Capsulitis***

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What is Frozen Shoulder?

The shoulder joint is a ball and socket joint that sits between the scapula and the humerus. It is mainly dependent on the muscles and tendons for movement.

When an area is damaged bands of scar tissue form inside the shoulder capsule causing a chemical reaction of prostaglandins to be produced.

Prostaglandins control several processes in the body, especially the body's healing process. The chemical reaction caused in the creation of this hormone causes inflammation making the area thicken, swell and tighten which in turn limits the movement of the shoulder.



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Assisting your recovery:

The body is a complex system with ten trillion cells, a million nano-filtration units in the kidney and a brain that can be adapted to cope in human civilization.

As holistic practitioners Active Balance believe we have the power to heal ourselves through the use of natural remedies and with six years clinical and personal experience has seen the body go from injury to recovery in a short amount of time.

We recommend Evergreen to support the recovery of your injury, as they comply to the US Pharmacopoeia and the World Health Organisation standards, producing the highest quality Chinese herbs.



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Remedial exercises:

There are many different exercises to assist the recovery of your shoulder. Please ask Sarah for the relevant exercises according to your needs. Some examples of exercises are set out below.



Arm

extension:

Draw the arm across the body shoulder height, holding the arm on the upper or lower part of the arm (not on the elbow joint), and pull the arm into the body until you can feel a stretch on the upper part of the arm. Hold for 8 breaths.



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Shoulder Press:

Lie face down on the floor and place your hands underneath the shoulders, shoulder width distance apart. Extend the legs straight behind you and lift your body off the floor.



Keep your eye line in front, so that the head, pelvis and feet are in one straight line and slowly lower your whole body down to the floor, allowing your elbows to bend, ensuring they are pointing away from the body. Breathe out on the way and in on the way up. Repeat 12 times.

For easier variations please ask.



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Finger Walking:

Stand in front of a wall $\frac{3}{4}$ of an arm length away. Starting at hip height walk the fingers slowly and mindfully up the wall, making sure to use the thumb and four fingers to propel the movement, not the arm muscles.



Keep moving the fingers up as high as possible, without causing a strain to the body. Repeat this movement at least 12 times a day.

Active Balance accepts no liability for any injury caused whilst performing these exercises.