Kinesio Taping for a Frozen Shoulder
What is a Frozen Shoulder?

- Also known as adhesive capsulitis is a “chronic inflammation in the musculotendinous or synovial tissue such as the rotator cuff, biceps tendon, or joint capsule” (Dutton 385-385).
- It is characterized by a stiff shoulder that has a considerable lack of function.
- There are three stages to a frozen shoulder (adhesive capsulitis): freezing, frozen, and thawing.
What are the Three Stages of a Frozen Shoulder

1<sup>st</sup> stage: The freezing stage, there is severe pain in the shoulder even at rest. There is also a decrease in shoulder external rotation and abduction ROM.

These symptoms appear 2-3 weeks after onset of pain and can last from 10 to 36 weeks.

These symptoms of loss ROM are secondary to the pain and are not true capsular contractures.
What are the Three Stages of a Frozen Shoulder

- 2nd Stage: The Frozen stage, pain is no longer present at rest but only with movement.

- There is a decrease of capsular volume in the shoulder, which is reflective of loss of motion

- There is “a loss of motion in all planes, and pain in all parts of the range. There may be evidence of atrophy of the rotator cuff, biceps, deltoids, and triceps brachii” (Dutton 386).

- Typically this stage lasts 4 to 12 months
What are the Three Stages of a Frozen Shoulder

- 3rd Stage: The thawing stage, there is a slow but progressive recovery of ROM.
- The recovery in ROM is due to capsular remodeling.
Frozen Shoulder (Adhesive Capsulitis)
Who gets Frozen Shoulders

- It is most common in women
- It affects 1 in 50 adults during their lifetime
- Most common age range is 40-60
- It usually occurs in non-dominant arm
- 1 in 5 will experience it on the other shoulder too
What is Kinesio Tape?

- is a therapeutic taping technique which not only offers patients and athletes the support they are looking for, but helps to rehabilitate the affected condition as well. Using a highly specific tape design that works with the body, allowing full range of movement -- in many cases range of movement will be improved (Kinesiotaping.com)

- It can be worn 3 to 5 days, allows breathing of the skin and whisks away sweat.
How is Kinesio Tape applied

- First the skin should be free of oil and lotion.
- Allergic reactions are extremely rare.
- When applied in the desired location and pulled, it needs to be rubbed down and warmed up to make sure the adhesive works.
- It should be applied at least an hour before activity or a shower to allow time for the adhesive to work.
Why Might Kinesio Tape be beneficial for patients with Frozen Shoulders

- Alleviating pain
- Accelerating recovery time
- Supports the joint and muscles
- Allows for gentle exercises (During 1st stage)
- May allow for full ROM
Application of Kinesio Tape

Step 1.

Step 2.

Step 3.

Step 4.

Step 5.

Step 6.
Application of Kinesio Tape

- [http://www.youtube.com/watch?v=cfG3NTBDkz0](http://www.youtube.com/watch?v=cfG3NTBDkz0)
Kinesio Tape effectiveness in Accelerating Frozen Shoulder Recovery Time

- It is most effective during the 1st stage of adhesive capsulitis.
- It is most effective when caught early, it can even help prevent the shoulder from freeze and moving on to stage 2.
- It decreases pain allowing for patient to exercise and move arm through ROM.
- This ability to use your ROM and exercise increases recovery time.
Additional sources

- http://arestape.blogspot.com/2012/05/frozen-shoulder.html
- http://www.kinesioprecut.co.uk/treatmentfocus/FrozenShoulder.jsp
- Interesting article on Kinesio Tape for athletes during the olympics and whether kinesio tape is effective for improving their performance. http://www.dailymail.co.uk/sciencetech/article-2182471/Kinesio-tape-Researchers-say-evidence-works.html

