

Frozen shoulder – Hydrodilatation & Physiotherapy

Your hospital number: _____

Introduction

Your shoulder condition has been diagnosed as a frozen shoulder. Please see the 'Frozen shoulder' patient information leaflet for further information.

The recommended treatment for this condition is hydrodilatation combined with physiotherapy.

What is hydrodilatation?

This procedure involves an injection into the shoulder using cortisone and saline to suppress inflammation and improve mobility of the shoulder joint.

It will be carried out in the Radiology Department (main X-ray) at the Royal Berkshire Hospital and your appointment will be sent to you from there. You do not need any sedation or general anaesthetic but the injection can be uncomfortable.

Occasionally, the department will contact you by phone advising you of your appointment. It is advisable that you arrange to have someone else drive you home after the procedure.

What you need to do:

As soon as you receive a date for your hydrodilatation appointment, please contact:

1. Physiotherapy

The physiotherapy treatment should start within 3 days of the hydrodilatation.

Your physiotherapy treatments will take place at: _____

The telephone number is: _____

Please remember to book the physiotherapy appointment. This will not be made automatically.

2. Orthopaedic Clinic

You will need to be reviewed by the shoulder team after 3 months. Please call the Orthopaedic Appointment Office on the following number to book an appointment for three months after the procedure: _____

It is important that we see you after the procedure as about 7% (7 out of every 100) of patients may go on to require surgery.