

Frozen Shoulder: When Is It Time to Seek Treatment?

By Jena Ritchie, NBC-HWC for Moon Valley Chiropractic



Many people assume shoulder pain will simply go away with time, but frozen shoulder (adhesive capsulitis) is a condition that often becomes progressively worse when left untreated. Early symptoms may include a dull ache in the shoulder, pain when reaching overhead, difficulty fastening a bra, putting on a jacket, reaching into the back seat of a car, or discomfort that wakes you up at night.

As the condition progresses, the shoulder can become increasingly stiff, making everyday tasks frustrating and painful. Frozen shoulder is especially common in women between the ages of 40 and 60 and may occur more frequently during perimenopause and menopause, when hormonal changes can affect joint tissues and mobility. Individuals with diabetes, thyroid disorders, previous shoulder injuries, or periods of immobilization following surgery are also at increased risk. If shoulder pain is lasting more than a few weeks, limiting your range of motion, interfering with sleep, affecting your ability to exercise, or preventing you from enjoying activities such as hiking, swimming, gardening, or pickleball, it is time to seek professional evaluation.

One of the biggest mistakes people make is waiting until the shoulder becomes severely restricted before seeking help. The earlier frozen shoulder is recognized; the sooner steps can be taken to improve mobility and reduce pain. At Moon Valley Chiropractic, Dr. Jamey Reichow is adept in helping patients with shoulder and joint conditions through a comprehensive, drug-free approach to care. Chiropractic treatment focuses on restoring proper joint function, improving biomechanics, reducing muscle tension, and supporting the body's natural healing processes. Combined with targeted stretching, mobility exercises, and individualized recommendations, many patients experience improved function and greater comfort as they work toward recovery. If shoulder pain, stiffness, or loss of motion is affecting your daily life, don't wait for symptoms to become more severe. Contact Moon Valley Chiropractic at 602-298-0292 to schedule an evaluation with Dr. Jamey Reichow and learn how conservative chiropractic care may help you regain mobility and return to the activities you love.