

HYDRODISTENSION OF SHOULDER

What is frozen shoulder?

Frozen shoulder is a condition that causes pain and stiffness of the shoulder. There are some patient groups at higher risk, like those suffering from Diabetes, but it can happen to anyone. Please refer to our detailed information page on frozen shoulder [here](#) (insert hyperlink to frozen shoulder page). Usually, the natural cycle of frozen shoulder lasts about 2-3 years, but with timely intervention it can be cured permanently.

What is hydrodistension procedure?

In selected patients, frozen shoulder can be cured if detected at early stage. Hydrodistension involves targeted injection into the shoulder joint under X-ray guidance. Medicines and saline is then injected to create more space in the joint.

Is it painful?

It depends on how stiff the shoulder is. Most patients tolerate the procedure in local anaesthesia, in some patients sedation is needed.

Will I have to stay in the hospital?

If sedation is required, you will be kept under observation after the procedure for 1-2 hours. In purely local anaesthesia this is done as a day case procedure and you can go home within 30 minutes.

Are there any risks?

We do the procedure in OT setup in a sterile atmosphere with all aseptic precautions. As such we have not come across any major complications till date in 15 years of performing this procedure.

How do I prepare for the procedure?

If you have diabetes, check your sugar levels before procedure. For patients needing sedation, some preop tests and 6 hours fasting maybe required. No specific precautions are needed before or after the procedure.

If you want to know more about the procedure please visit (my youtube video link).

If you want to listen to patients who have already had this procedure, please click here (youtube link to patient testimonial)