



**Banarsidas Chandiwala Institute of Physiotherapy**  
AFFILIATED TO G.G.S. INDRAPRASTHA UNIVERSITY Chandiwala Estate, Maa Anandmai  
Marg, Kalkaji, New Delhi-110019. Phone: 01149020292 Fax: 011- 49020292  
E-mail: director@bcip.ac.in Website: bcip.ac.in

## Clinical Club- Prepared Awareness Video on Frozen Shoulder

### Objective –

- To educate the general population about the condition “Frozen Shoulder”
- To create awareness among the general population regarding exercise protocol with demonstration

### Date – 25<sup>th</sup> November 2023

During the last few decades the prevalence of frozen shoulder has been increasing constantly, thereby imposing a significant socioeconomic burden. A condition that affect almost 2-5% of general population while 10-15% of diabetics worldwide. In the light of these events publicly available tutorials may be a useful tool to address the problem. The BPT students under supervision of Dr. Jyoti Kataria Clinical Club In charge of Banarsidas Chandiwala institute of physiotherapy have created an awareness video regarding the same. The video showcased a student enacting some easy to do exercise protocol which can be easily performed at home or workplace without any special equipment's. The video was shared on institute's various social media platforms.





Banarsidas Chandiwala I... • Follow... X  
4d · 🌐

Adhesive Capsulitis also known as Frozen Shoulder. It is defined as "a conditio... See more

## PHASES OF FROZEN SHOULDER



### FREEZING 4 - 12 months

Where there is a slight increase in pain but increased stiffness & range of motion loss

### FROZEN 2 - 9 months

Characterised by diffuse shoulder pain that is worse at night & is problematic when lying on the shoulder



### THAWING 5 - 24 months

Where range gradually improves and daily activities become easier



official\_bcip  
official\_bcip • Original audio

