



# Shoulder Hydrodistention

Shoulder hydrodilatation is a powerful and effective treatment for reducing pain and increasing joint mobility in patients with frozen shoulder.

We have treated many patients using Shoulder Hydrodilatation, experiencing some amazing results!

“After seeing my physiotherapist for frozen shoulder treatment, I was referred to Back & Body Medical and underwent a shoulder hydrodistention. I have had unbelievable results from the injection along with continued physio, the pain has gone and I have near perfect movement in my shoulder. I’m absolutely thrilled with the results!” **Katie**

*Getting you back **to your best***

## INDICATIONS

### What is Shoulder Hydrodilatation?

Hydrodilatation is a treatment where a large volume of local anaesthetic, steroid and sterile saline solution is injected into the affected joint (the injection can also be performed without the addition of a steroid). The aim of the procedure is to comfortably stretch the joint capsule from the inside to reduce the adhesions - increasing mobility, reducing stiffness and relieving pain,

allowing you to begin a rehabilitation programme straight away!

### What conditions does help Shoulder Hydrodilatation with?

This treatment is for frozen shoulder or Adhesive capsulitis, is an inflammatory condition that causes the capsule to thicken and tighten, it characterized by shoulder stiffness, pain, and significant loss of passive range of motion.

## THE PROCEDURE

### Before the procedure

At your initial consultation, the doctor will take time to understand your symptoms and undertake a thorough assessment to ensure the injection is right for you. It is important to let the doctor know of any known allergies, such as plasters and to inform us if you are pregnant. Please also let the doctor know if you have any medical conditions and take any regular medications including blood thinning medications. This is also a great opportunity to ask the doctor any questions you may have about the procedure.

Prior to your procedure, eat and drink as normal and take any regular medication as usual (unless advised otherwise by the doctor). Please come to your appointment wearing loose, comfortable clothing.

### What to expect during the procedure

The doctor will explain everything to you before your procedure and ask you

to sign a consent form to confirm that you are happy to proceed.

The injections are performed using our high-tech fluoroscopic x-ray or Ultrasound for guidance and precision, by using this image guidance for accuracy and safety, the doctor can be confident the injectate is being delivered to the desired location.

Local anaesthetic is used on the injection point to make the procedure as comfortable as possible for you, a relatively large volume of fluid will then be injected to cause the required dilation and breakdown of the fibrous bands and adhesions.

The doctor will move the shoulder joint immediately after the injection, gaining a significantly greater range of motion. It is recommended to see your therapist as quickly as possible post procedure to maintain the increased range of motion.

Some patients experience feelings of pressure as the fluid is injected, and sometimes we hear an audible pop of the capsule, however, this isn't required for a successful result.



## AFTER CARE ADVICE

**Wound care:** You will likely have a small plaster on the injection site. You can shower as normal the morning after your procedure, but please avoid soaking in baths or hot tubs for at least 48 hours.

**Rest:** It is important to start moving your shoulder or affected joint as soon after your treatment as possible. In fact we recommend starting your Physiotherapy straight away to really capitalise on the gains made with the injection. We recommend you return to your normal daily activity as soon as possible, however avoid strenuous activity, such as heavy lifting, for 14 days after your procedure.

**Pain relief:** You may experience some discomfort in the joint after your injection, you can use a simple pain medication such as paracetamol and apply ice to the area to control swelling and inflammation (10 mins, 1 x per hour).

### Can I drive after the injection?

We recommend bringing someone to drive you home after your Hydrodilatation injection, we will welcome them into the clinic and even offer them a cup of tea!

**Follow up:** It is strongly advised to book in to see your physiotherapist as soon as possible, ideally within 24-48 hours of your injection, as you will need regular appointments with them to regain movement. They will monitor your progress and create a personalised graduated exercise program to follow to get you back to your best!

**The injection has not worked, what should I do?** Please rest assured that our team will support you. There are often many more treatment options to be explored. Get in touch with our team and we can discuss the next steps.

## EXPECTATIONS

### How long will it take to work?

In some patients the benefit may appear almost immediately with significantly increased range of motion and reduction in pain, however it is not uncommon for the benefits to gradually build up over the course of a week to ten days.

## COMPLICATIONS

While it is a very safe procedure and every precaution is taken to minimise risk, some complications may still occur in a very small number of cases.

Very rarely you may get an infection from the injection. Please watch out for any redness, swelling, a fever or a severe increase in pain. This is very uncommon and the risk is around 1:15,000.

There is 1:7,000 risk of bleeding, bruising, localised infection or an allergic reaction such as a rash, shortness of breath and dizziness.

### How long will the effects last for?

Hydrodilatation can settle frozen shoulder for the longer term with better range of motion and reduced pain, if the relief is short-lived but significant, the procedure can be safely repeated to give a longer-lasting effect. We strongly recommend continuing your recovery soon after your procedure with the support of one of our therapists here at the Back and Body Clinic, who are able to provide a personalised rehab plan. Together, we will get you back to your best!

Other possible side effects are facial flushing, temporary changes to a women's menstrual cycle and changes in mood. It is also common to see a rise in blood sugar levels for a few days after the injection if you have diabetes.

In extremely rare circumstances surgical intervention may be necessary either to correct a complication or in fact manage progressive symptoms.

If you are worried about any of the above, please discuss this with your doctor.

## CONTACT

Should you have any concerns regarding your procedure during clinic opening hours, please contact us directly on **01604 439066**.

If you are concerned out of clinic hours, then please contact **111** or go straight to the closest A&E department.



[BackandBodyClinic.co.uk/injections](https://BackandBodyClinic.co.uk/injections)

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