



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Shoulder Hydrodilataion

Information for patients, relatives and carers

① For more information, please contact:  
Physiotherapy Department

Tel: 01904 725390

Or email us at [yhs-tr.MSKCATTYORK@nhs.net](mailto:yhs-tr.MSKCATTYORK@nhs.net)



<b>Contents</b>	<b>Page</b>
Shoulder Hydrodilatation .....	4
The benefits of Hydrodilatation .....	6
The risks of Hydrodilatation.....	6
Alternative treatments .....	6
What happens afterwards?.....	7
Exercises.....	7
1. Pendular swings.....	8
2. Flexion with clasped hands .....	9
3. Table slides .....	9
4. Outward Rotation with a stick .....	10
5. Towel Stretch.....	10
6. Sleeper Stretch .....	11
7. Crossbody Stretch.....	11
Consultant and Physiotherapist Communication	Page 12
Useful Contacts .....	13



# Shoulder Hydrodilatation

You have been referred for a Hydrodilatation, which is a treatment for adhesive capsulitis also known as a 'frozen shoulder.'

The treatment is done under local anaesthetic by a doctor in the Radiology department.

After booking in you will be shown to a cubicle and asked to partially undress and change into a gown.

You will be shown into the X-ray room where you will be asked to lie down on an X-ray table. The procedure will be explained, and you may ask questions. **It is important you inform the doctor if you are pregnant, diabetic, taking blood-thinning medication or have any allergies.**

The doctor will clean the skin and inject local anaesthetic into the front of your shoulder. (The needle is similar to that used if you have a blood test and the degree of discomfort is similar.)

Once the area is numb, the doctor will inject more local anaesthetic into the joint and a small volume of X-ray dye. Steroid is injected to settle down inflammation and sterile saline to stretch the joint capsule and improve the range of movement in your shoulder.

The procedure involves X-Rays therefore a small dose of radiation is required. This is equivalent to the exposure on a 22-hour long haul flight.

Afterwards your shoulder will feel “heavy” and numb. **You should not drive, cycle, or operate machinery for the rest of the day**, and you are advised to rest the shoulder for 24 hours. The numb feeling will wear off after about six hours and it is not unusual for the shoulder to feel more uncomfortable at this stage. You may want to take some painkillers.

To get the best results from this treatment it is very important that rehabilitation starts shortly afterwards. **The exercises are laid out in this leaflet.**

## **The benefits of Hydrodilatation**

The benefits of Hydrodilatation are early reduction in pain and an increase in range of shoulder movement.

## **The risks of Hydrodilatation**

The risks are rare and include infection. Therefore, seek medical attention (your GP or A&E) if you notice the joint feels hot, swollen and very tender a few days after the procedure.

## **Alternative treatments**

Alternative treatments include a simple corticosteroid injection and/or keyhole surgery to release the frozen shoulder.

**If you may be pregnant, are taking blood-thinning medication or have any queries please contact the Radiology Department prior to your appointment: 01904 726676.**

## **What happens afterwards?**

Once your Hydrodilatation has been scheduled it is very important you contact the Physiotherapy department at (01904 725390) so we can arrange for you to see a physiotherapist as soon as possible which is arranged within a two week window after the procedure. In the meantime, please do the exercises outlined on the following pages.

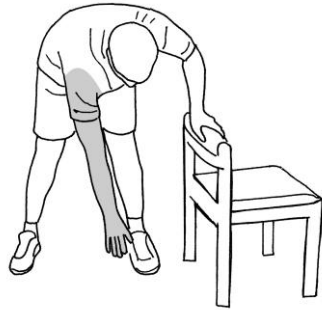
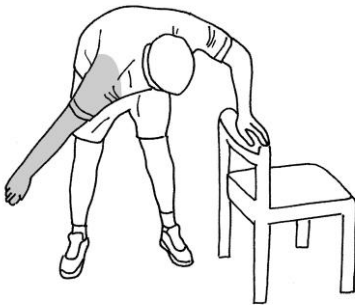
## **Exercises**

These exercises will help you regain movement and strength.

The following series of exercises should be done three to four times a day.

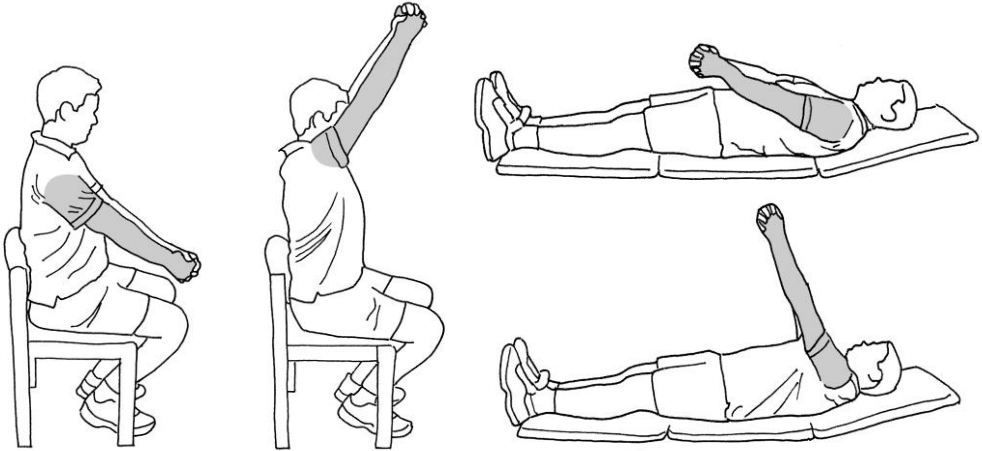
You should do 10 repetitions of each exercise.

# 1. Pendular swings

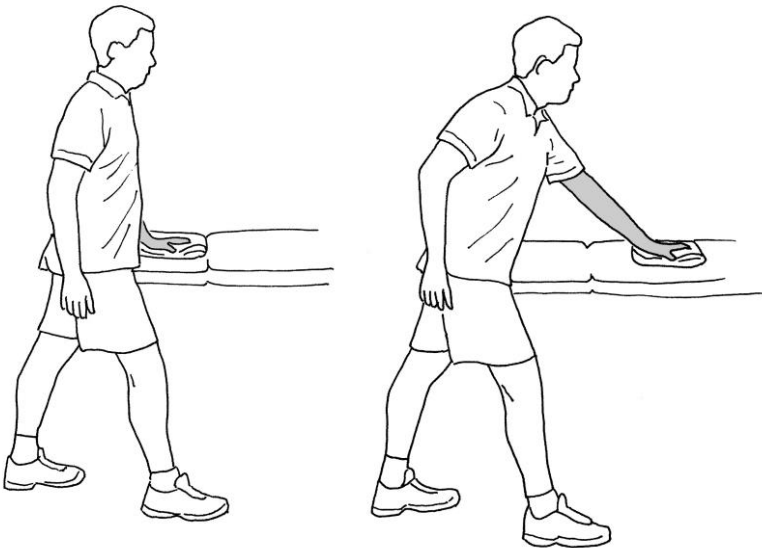




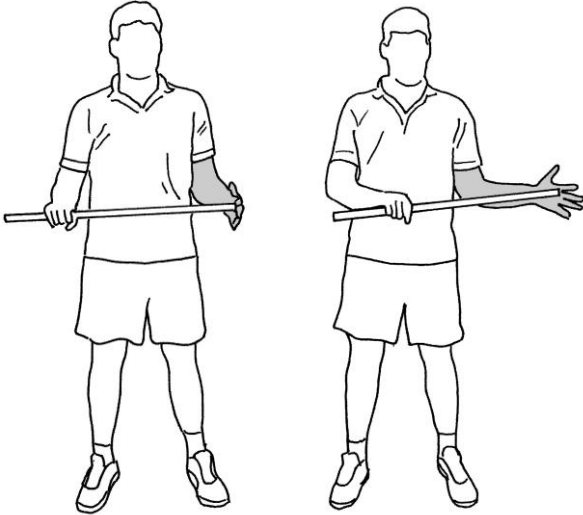
## 2. Flexion with clasped hands



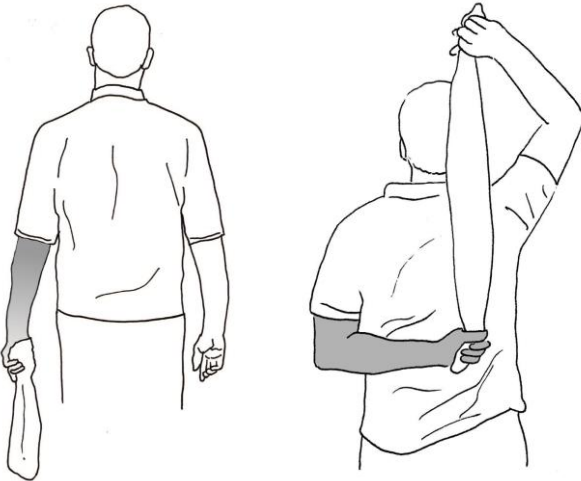
## 3. Table slides



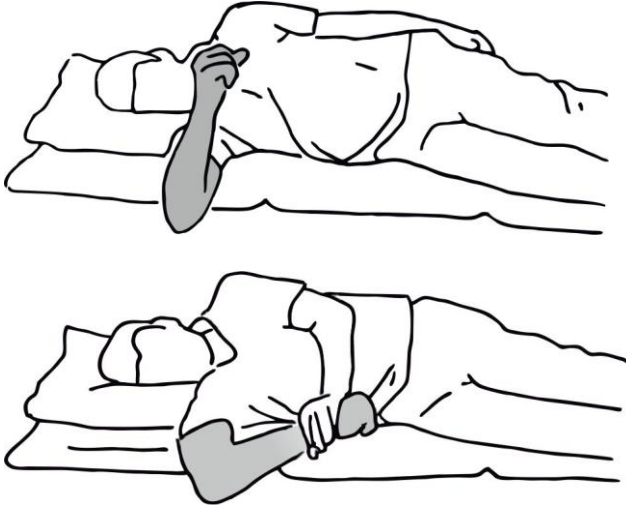
## 4. Outward Rotation with a stick



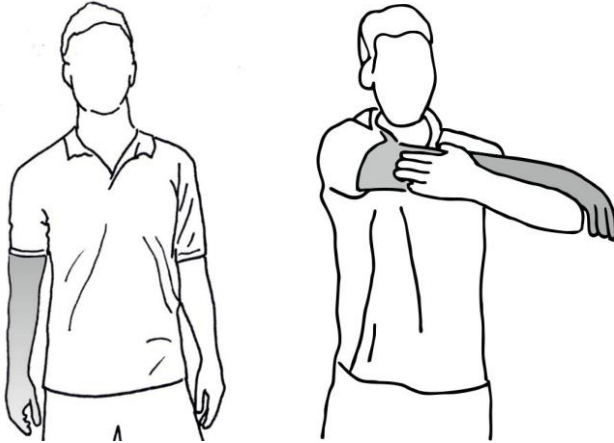
## 5. Towel Stretch



## 6. Sleeper Stretch



## 7. Crossbody Stretch





## **Useful Contacts**

Wendy Young  
Secretary to Mr Boyle  
Tel: 01904 772 4081

Kay Malarkey  
Secretary to Mr Auplish  
Tel: 01904 726878

Physiotherapy Department  
(including Physiotherapy & MSK CATTs service)  
Tel: 01904 725390

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:  
the physiotherapy department via yhs-  
tr.MSKCATTYORK@nhs.net

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.



# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

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