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## Glenohumeral Hydrodilatation with OMT

### What is it?

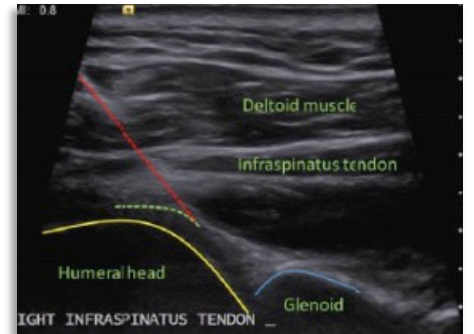
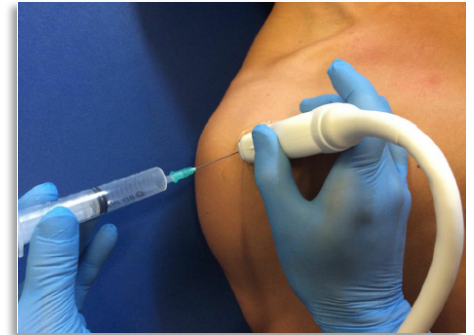
Hydrodilatation is a technique using a liquid solution (hydro) to stretch the joint capsule (dilatation). Hydrodilatation of the shoulder joint capsule is a treatment for adhesive capsulitis (“frozen shoulder”) that has been shown to increase range of motion and decrease pain. Combining hydrodilatation with osteopathic manipulative treatment (OMT) can improve the body’s natural healing ability, providing relief and improving overall function of the joint.

### How is it performed?

After a local skin anesthetic is applied to numb the injection site, a needle is inserted into the site of interest and directed in the joint capsule. Then a solution of saline, anesthetic, and corticosteroid is delivered into the joint to decrease the inflammation as well as to disrupt adhesions (scar tissue) resulting in relief of pain. To ensure accuracy and safety, this procedure is done under ultrasound guidance. OMT can then be performed under this local anesthesia and is a safe and effective alternative to surgical intervention to increase range of motion in joints with adhesive capsulitis “frozen joint”.

### What do I do after the procedure?

It is imperative to immediately mobilize the shoulder after the procedure. Going through mobilization with an athletic trainer or physical therapist on the same day after the procedure ensures a greater chance of success. A strict routine of stretching, including using an over-the-door shoulder pulley, allows many patients to have a full recovery from their condition. The pulley should be used 5 times a day for up to 4 weeks to ensure a successful treatment.



Below is a link to a helpful video showing proper pulley exercises for Frozen Shoulder:

“Frozen Shoulder Physical Therapy Pulley Exercises” by Physical Therapy 101  
<https://youtu.be/a2qWISgOmEk>

### How often should this procedure be done?

This procedure may be repeated several times as needed to fully stretch the joint capsule. We will consider repeating the procedure every 4-6 weeks as needed until you are symptom free.

*Created by: Mallory Lewis, OMS-IV & Charles Kenyon, OMS-IV; March 2017, updated March 2021*