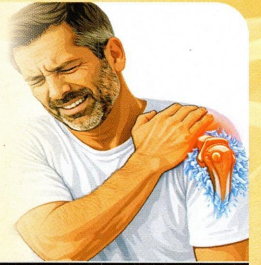
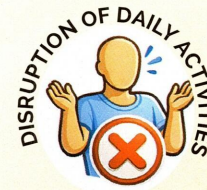


HOMOEOPATHY *for* FROZEN SHOULDER

ARE YOU FEELING



If "YES" you may be suffering from "FROZEN SHOULDER"

What is Frozen Shoulder?

Frozen shoulder (adhesive capsulitis) causes severe, progressive shoulder pain and stiffness, often restricting movement so significantly that daily tasks like dressing or reaching become impossible.

CAUSES/RISK FACTORS OF FROZEN SHOULDER



Female
Predominance



Old Age



Postoperative
Complications



Non-Dominant Hand
is more often Affected



Diabetes
Mellitus



Prolonged Immobilization
of the Shoulder Joint

FROZEN SHOULDER EXERCISES

Pendulum Stretch



Cross Body Reach



Finger Walk



Towel Stretch



Note: While exercising, stay within the pain limit, do not force yourself. Do the exercise as per the advice of the doctor.

How Homoeopathy Can Help

- ➔ Holistic & individualised approach
- ➔ Medicines are prescribed based on the patient's symptoms, constitution, and lifestyle.
- ➔ Beneficial for all age groups & genders
- ➔ Relieves symptoms & improves joint mobility



All medicines should be taken under the guidance of a qualified medical practitioner.

**Free Homoeopathic treatment is available at
Delhi Government AYUSH Dispensaries.**

For more information, visit nearby AYUSH facility.

Scan to Locate your Dispensary



<https://homeopathy.delhi.gov.in>

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