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WELCOME!

This info sheet is part of a menopause symptoms series created alongside my podcast Maybe it's Menopause Mayhem.

It's here to share the key headlines in a clear, easy-to-understand way — so you can feel a little more informed, a little less alone, and a lot more supported.

THE FACTS

1: Painful & Stiff

Frozen shoulder happens when the capsule around the shoulder joint becomes inflamed, thickened and tight. This causes pain & increasingly restricted movement.

2: More common in midlife women

It most commonly develops from around 40–60/65 & is more common in women. Based on the typical age, this means it is overlapping with the years most women experience (peri)menopause.

3. The Menopause link isn't fully proven

Research is still developing on the link between Frozen Shoulder and menopause. But while research continues, the simple fact is that if you are experiencing this, alongside other menopause symptoms, it is still taking a toll!

HOW IT CAN FEEL

Painful



A dull or aching pain around the shoulder that can become sharp with certain movements. Can be worse at night.

Stiff & Restricted



Your shoulder may feel stiff or 'stuck', making everyday tasks like getting dressed & doing your hair more difficult.

Frustrating & Exhausting



Pain, disturbed sleep and struggling with everyday tasks can be tiring & exhausting, especially when it can take months to improve.

IMPORTANT

Frozen Shoulder can cause significant discomfort but there are options available to help. If you are experiencing this, speak to your healthcare provider.

TOP TIPS!

Keep it moving: Gentle movement & shoulder exercises can help maintain mobility. Don't force it if painful – speak to a physiotherapist if possible.

Manage the pain: Heat or cold packs & appropriate pain relief may help make symptoms more manageable.

Get support early: Speak to your GP or a physiotherapist if shoulder pain & stiffness persist or movement is becoming restricted. Treatment can help manage pain and improve movement while the shoulder recovers.



THE PAGE ABOUT WHAT HAPPENS NEXT!

When researching Frozen Shoulder, I found it being described in these three stages. It is important to note that not everyone will have the same experience, so this should be treated just as a guide.

How long can it last?

This is where the frustration can come, as frozen shoulder can be incredibly slow to resolve. Symptoms can last for months or even years in some cases. It does of course vary but this is why, for this particular issue it is a good idea to seek support from your healthcare provider or a physiotherapist.

Treatment Options

Physiotherapy/exercises, pain relief and other treatments if symptoms are severe or persistent. I recently spoke to one lady who had steroid injections due to this condition – but it needs to be right for you, so again it's key to speak to your GP or healthcare provider.

Sleep & Everyday Life

There are a few things that might help with this. Consider your pillow position – can this be adjusted to make you more comfortable at night. Can you adapt your clothing to make dressing less of a painful experience? Try to avoid repeatedly forcing the shoulder and think about how you can adapt tasks needing you to reach up – it could be as simple as standing on a stool to complete the task!

When to get it checked

This is definitely one symptom that you should get checked if it is persistent and impacting daily life. It is particularly important if you are experiencing sudden pain after an injury, significant weakness, pain is accompanied by swelling and/or redness and if your movement is becoming increasingly worse.

Why are we talking about this?

Frozen shoulder may not be deemed an 'official' symptom in the way hot flushes are. But it is more common in midlife and it is being investigated, with researchers looking at whether hormonal changes, including falling oestrogen levels, could be playing a part.

Either way, if you are experiencing this – whether with or without other menopause symptoms – you're probably not that interested in the research, you just want some support!

My experience

I have had moments throughout my life with stiffness in my shoulder, but over the last year this has become more common & current issues have persisted for several weeks. Pain relief has helped to a degree, but I will be following my own advice and speaking to my GP. I'll share my experience via the podcast/blog!

