



Adhesive Capsulitis Embolization (ACE)

Discover a Minimally Invasive
Treatment for Frozen Shoulder



www.vividvascular.com

What is Frozen Shoulder?



Frozen shoulder, medically known as adhesive capsulitis, is an inflammatory condition characterized by pain, stiffness, and loss of motion in the shoulder. This leads to thickening and contracture of the capsule surrounding the shoulder joint.

The pain leads to decreased movement, resulting in a reduced range of motion.

Eventually, the shoulder is **"frozen"** in place.

While it often resolves on its own over time, it can sometimes become chronic and disabling.



Did You Know?



Frozen shoulder affects 2-5% of the general population and it is possible to experience it in both arms simultaneously.

Common Causes



The exact causes are unknown. However, certain risk factors have been identified that can make a person prone to developing frozen shoulder.

Risk Factors



Frozen shoulder often affects adults between the ages of 40 and 60, although this condition can occur at any age. In addition to age, risk factors include:

- **Diabetes**
- **Stroke**
- **Thyroid disorder**
- **Shoulder injury**
- **Parkinson's disease**
- **Cancer**
- **Autoimmune disease**
- **Heart attack**
- **Prolonged immobilization**

Diagnosis



Frozen shoulder can be diagnosed through medical history and a physical exam. Patients typically do not need to undergo laboratory or imaging testing.

The Three Phases



Phase 1: Freezing

- Slow onset of pain
- Increased stiffness
- Range of motion loss

Length of phase: 4 to 12 months

Phase 2: Frozen

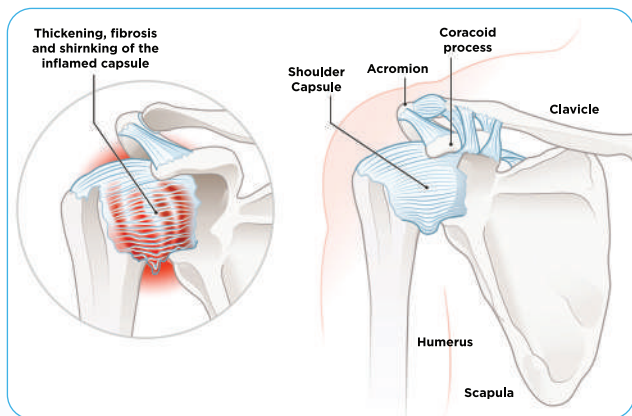
- Slow improvement of pain
- Stiffness remains
- Problematic when lying on the shoulder

Length of phase: 2 to 9 months

Phase 3: Thawing

- Range of motion gradually returns
- Daily activities become easier

Length of phase: 5 to 24 months



Treatment Options

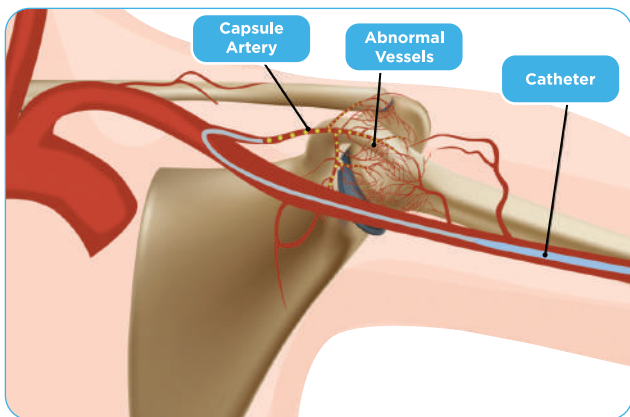


Unfortunately, treatment options are still somewhat limited. Typically, individuals with this condition are prescribed physical therapy and anti-inflammatory medications, yielding mixed results and far-from-optimal health outcomes.

What is ACE?



Adhesive Capsulitis Embolization (ACE) is a minimally invasive procedure performed by an **interventional radiologist (IR)**. The process involves inserting a small catheter through a puncture at the wrist, which is then guided into the arteries supplying the shoulder capsule. Tiny, microscopic particles are injected, blocking off blood flow to select areas of the joint capsule, thereby reducing excess blood flow and inflammation. Symptoms generally improve within 1-2 weeks.



Benefits of ACE



- 1 1 hour outpatient procedure
- 2 Performed with mild sedation; no general anesthesia required
- 3 No surgical incision or injection into the shoulder joint
- 4 Short recovery time; return to normal activities in 24-48 hours
- 5 Very low risk of complications

A Personal Touch



At **Vivid Vascular**, we are dedicated to improving lives by providing cutting-edge interventional radiology solutions. Our commitment to innovation and patient-centered care sets us apart.

Unlike the hospital environment, each patient at Vivid Vascular receives individualized attention from our professional, knowledgeable, and compassionate staff in a calm, soothing, boutique-style atmosphere.

Dr. Adam Gropper is an interventional radiologist with more than 20 years of experience. He has performed thousands of minimally invasive procedures.

Locations



Aventura | 15400 Biscayne Blvd • Suite 103
• Aventura, FL 33160

Kendall | 11760 Bird Road • Suite 506
• Kendall, FL 33175

Contact Us



 www.vividvascular.com
 info@vividvascular.com
 305 • 957 • 7277

Follow Us



 [@vividvascular](https://www.instagram.com/vividvascular)
 [Vivid Vascular](https://www.facebook.com/VividVascular)
 [@NBVascular](https://www.twitter.com/NBVascular)