

## The Prevalence of Shoulder Pain and Awareness of Frozen Shoulder Among the General Population in Assir Region

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### ABSTRACT

**Study Design:** Cross sectional

**Background:** The slow development of restricted motion at the shoulder joint with nonspecific radiographic findings is defined by frozen shoulder (FS), adhesive capsulitis, or periartthritis. As the disease advances, patients typically complain of significant shoulder pain and an inability to sleep on the affected side. Frozen shoulder can be classified into three clinical stages: freezing, frozen, and thawing. With moderate to severe shoulder pain and stiffness, the freezing stage usually lasts two to nine months.

**Methods:** In this cross-sectional study data was collected by the purposely constructed questionnaire. Questionnaire composed of the demographic items and items related to the Prevalence of shoulder pain and Awareness of frozen shoulder Questionnaire was constructed after the series of discussions between the panel of experts this panel composed of from subject specialist, researcher, language expert. Cronbach alpha of the questionnaire was calculated.

**Results:** Out of total 505 respondents, 59.4% were male while 40.6% were females, 39.2% belong to the age group of 18-44 years, 44.6% were employed 31.7% were students and rest were un employed. 39.8% have post graduate level of education, 59.4% have monthly income 6000-1000 SAR. 69.31% have awareness regarding frozen shoulder, 38.615 have believed that above 60 will be highly effected from these diseases.

**Conclusion:** At regular intervals, awareness campaigns should be launched with a focus on the female populations among those with diabetes to inform them of the symptoms, risk factors, and rising prevalence of FS. Patients with diabetes who have suspected FS should undergo initial screening and shoulder radiographs because early detection improves treatment outcomes while late detection worsens them.

**Keywords:** Shoulder, Awareness, Pain, Education

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