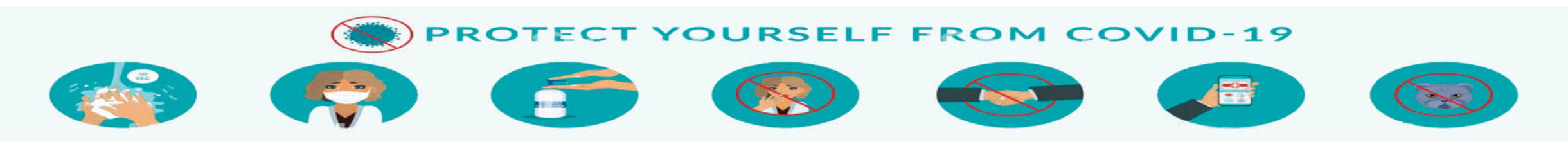


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Your Companion for a Funday



Got a frozen shoulder?

Here are the dos and don'ts for a faster recovery



Adhesive capsulitis, another name for frozen shoulder, is a painful condition that limits shoulder comfort and movement. The shoulder joint will feel tight and painful as a result of this condition. Diabetics and people who do none or barely any arm related activity for a long time are more likely to have the condition. Here is a brief guide to comprehending its symptoms, making a diagnosis, and using successful treatment options.

Causes and risk factors

The specific cause of frozen shoulder is still unknown; however it frequently

affects people between the ages of 40 and 60, especially women. The risk is increased by underlying medical conditions such diabetes, thyroid difficulties, and heart concerns. Autoimmune diseases, hormone abnormalities, and prolonged immobility following surgery or injury are contributing factors.

Stages of a frozen shoulder

Freezing Stage: Initial phase marked by escalating pain and stiffness, hampering routine tasks.

Frozen Stage: Reduced pain, persistent stiffness affecting daily activities.

Thawing Stage: Gradual improvement in motion, decreased pain, and better shoulder function.

Diagnosis: A precise diagnosis involves medical history review, thorough physical examination, and sometimes imaging tests like X-rays or MRIs to rule out similar conditions.

Home remedies

Custom exercises by skilled therapists enhance shoulder mobility.

Apply heat or cold packs to ease discomfort and muscle tension.

Light massage can help relieve the stiffness and pain.

Dos and don'ts

Structured Exercise: Regular gentle stretches improve flexibility and aid recovery.

Avoid Overexertion: Intense use worsens discomfort; avoid strenuous activities.

Ergonomic Posture: Maintain good posture to ease strain on the joint.

Adherence to Treatment: Follow prescribed medications and protocols consistently.

Seeking Professional Guidance: Early intervention with experts is crucial for preventing deterioration and hastening recovery. Frozen shoulder poses a significant challenge, demanding a grasp of its stages, symptoms, and remedies.

Quick consultation with medical professionals ensures accurate diagnosis and tailored solutions. Whether through home remedies or medical interventions, the ultimate objective is consistent: reduce pain, restore movement, and empower individuals to regain control over their daily lives.

Treatment Options: Surgery is considered when non-surgical methods fall short, impacting the patient's quality of life.

Manipulation Under Anesthesia (MUA): Forceful manipulation under anesthesia to break adhesions and improve motion.



Arthroscopic Release: Minimally invasive surgery to dissect tight tissues within the joint.

Pain Management: Non-steroidal anti-inflammatory drugs and corticosteroid injections alleviate pain and inflammation.

Choosing the Right Treatment: The severity of the condition determines the approach. Non-surgical methods are usually tried first, with surgery as a last resort for stubborn cases.

Ways cyberbullying can impact your child

Bullying in all its forms can impact kids negatively. While physical bullying consisting of aggressive behaviors such as hitting, kicking, spitting, tripping and pushing can be identified more easily, there are types of bullying that are not visible and can be causing serious harm to a child's psyche. One such form of bullying is cyberbullying, which does not involve any direct physical contact, however, it can be particularly harmful.

Cyberbullying is a form of bullying or harassment, in which a person uses electronic means to target, intimidate and harm another person. It can therefore take place on social media, messaging platforms, gaming platforms and mobile phones.

While we're all aware of the online threats, we somehow fail to understand the damage it can cause to our children. Unlike physical abuse, online abuse is not very noticeable. However, it can take a toll on one's emotional, mental, behavioral as well as physical health. Let's find out more about it.

Emotional impact of cyberbullying

Cyberbullying can leave a lasting impact on a child. One of the effects include emotional changes such as the feeling of shame, guilt, embarrassment, humiliation, anger and isolation. According to VeryWell Family, "Because cyberbullying occurs in cyberspace, online bullying feels permanent. Kids know that once something is out there, it will always be out there. They can feel exposed, embarrassed, and overwhelmed."

How cyberbullying affects the mind

When it comes to kids, research has shown that cyberbullying can cause stress and lead to associated conditions. Victims of cyberbullying often experience a feeling of hopelessness, succumbing to anxiety and depression. This in turn takes a toll on their self-esteem, affects their confidence and also starts impacting their academic performance and other day to day activities. Some young children can also dwell on



suicidal thoughts and self-harm. Research has consistently linked bullying and self-harm, reports VeryWell Family.

What behavioral changes look like in kids

Bullied kids may also undergo changes in their behavior. They may seem disinterested in the world around them, may isolate themselves, and may also become more secretive in nature. Furthermore, severe effects of cyberbullying in children's behavior include use of drugs and alcohol, becoming more, skipping school and more.

Physical impact

Apart from emotional, psychological and behavioral effects, cyberbullying may also impact a child's physical health. The stress associated with bullying can be so much so that it can lead to unhealthy eating patterns, gastrointestinal issues, and sleep problems.

How to protect your kids?

Unfortunately, there is no sure shot way to stop cyberbullying nor is there a definite answer to preventing the effects of cyberbullying in kids. However, if you notice any signs or changes in your child that match any of the symptoms and effects listed above, then it is important to make them feel safe and to let them know that you're there to help them. Make sure that your child understands that bullying in no way defines their self-worth or undermines their existence in the world, rather it is only reflective of the bully's own life.

In case of cyberbullying, it is important you protect your child on online platforms, without making them feel they're under surveillance. Know what's going on in your child's life even in the digital world. If there is any indication of physical harm, speak to someone who is in authority.

Most importantly, do not overwhelm or harass the child with questions. Leave communication open, so they can reach out to you any time, any place.

Rules with in-laws that account for successful relationships

Successful relationships with in-laws can contribute to overall family harmony and marital bliss. Yes, every family dynamic is unique, but there are several general rules that can help make and build positive interactions and maintain healthy relationships with your in-laws. Here are some of those rules that you cannot ignore and if you use them, you will feel stress-free for sure.

Respect and boundaries

One of the foundational principles for a successful relationship with your in-laws is respect. Treat them with the same courtesy and consideration you would offer to anyone else. Additionally, establish and maintain healthy boundaries. Clear boundaries help prevent misunderstandings and maintain a sense of individuality within both families. Communicate openly with your partner about these boundaries so you're on the same page.

Effective communication

Communication is key in any relationship, including with your in-laws. Be a good listener and express yourself clearly. Address any concerns or issues respectfully and calmly. If conflicts arise, try to resolve them through open dialogue rather than letting them fester. Remember that your partner can be a valuable mediator in helping you communicate effectively with their parents.

Cultivate empathy and understanding

Make an effort to understand your in-laws' perspectives and experiences. Just as you have your own unique background, they do too. Learning about their values, traditions, and life journey can help you find common ground and foster empathy. This understanding can bridge generational or cultural gaps and lead to more meaningful connections.

Include them in your lives

Including your in-laws in your life shows that you value and appreciate their presence. Invite them to family gatherings, share updates about your life, and involve them in your milestones. This can help build a sense of belonging and strengthen the bonds between your families.

Avoid comparison and judgment

Comparing your in-laws to your own family or expecting them to conform to your expectations can create tension. Recognize that they come from different background with their own ways of doing things. Avoid making judgments or assumptions and focus on finding the positive aspects of their personality and contributions.

Find common interests

Discover shared interests that can serve as conversation starters or activities you can enjoy together. Engaging in these activities can create opportunities for bonding and reduce the potential for awkwardness during family gatherings.

