

Frozen Shoulder

DNA Health Report

REPORT CATEGORY —



JOINT & TENDON
HEALTH

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Frozen shoulder, also known as adhesive capsulitis, is a condition characterized by stiffness and pain in the shoulder joint. Signs and symptoms typically begin gradually, worsen over time and then resolve, usually within one to three years. It occurs when the connective tissue surrounding the shoulder joint thickens and tightens over the joint, restricting its movement.

Patients often experience a dull or aching pain and might notice a limited range of motion in their shoulder. The condition can develop when the shoulder has been immobile for a period of time due to surgery, a fracture, or other injury, making it more common in people who have been required to immobilize their shoulder for an extended period.

About Frozen Shoulder

There are three stages of a frozen shoulder, which start with the freezing stage where the pain gradually increases and the range of motion starts to decrease. This is followed by the frozen stage where symptoms may begin to diminish, but the shoulder becomes stiffer, and using it becomes more difficult. The final stage is the thawing stage, where the range of motion in the shoulder begins to improve.

Treatment for frozen shoulder includes physical therapy, with a focus on shoulder flexibility exercises and occasionally other interventions, such as pain relievers, anti-inflammatory medications, or steroid injections. In some cases, arthroscopic surgery might be used to loosen the joint capsule so that it can move more freely.



MORE LIKELY

More likely to have a frozen shoulder based on 398,373 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
EPDR1	rs2472660	CT
WNT7B	rs28971325	GG
MMP14	rs1042704	GG
TSPAN2	rs5777216	GINS(T)
AKAP13	rs17570529	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Yogasana	2	Yoga30 minutes
3	Acupuncture1 hour	4	Aerobic Exercise (Cardio)1 hour
5	Strength Training1 hour	6	Hyaluronic Acid120 mg
7	Apply Heat15 minutes	8	Physical Therapy30 minutes
9	Stretching15 minutes	10	Vitamin C2000 mg
11	Manual Therapy		

1



Yogasana

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

To practice yogasana effectively, it's important to create a consistent routine that suits your lifestyle and fitness level. Ideally, incorporate yoga into your schedule 3 to 5 times per week. Each session should last anywhere from 20 minutes to an hour, depending on your comfort and the time available. Start with basic postures, focusing on achieving the correct form with the guidance of a qualified instructor or reliable online resources. As you grow more comfortable, gradually introduce more complex poses and sequences. Ensure each practice includes a warm-up and a cool-down phase to maximize benefits and reduce the risk of injury.

Description

Yogasana, often simply called yoga, involves a series of physical postures, breathing techniques, and meditation practices. This ancient discipline, rooted in Indian philosophy, aims to unify the body, mind, and spirit, contributing to overall well-being and health.

Practicing yogasana regularly can offer numerous potential health benefits. Physically, it enhances flexibility, strength, and balance. On a metabolic level, yoga can help regulate blood glucose levels and improve the functioning of the respiratory, circulatory, digestive, and hormonal systems.

Mentally and emotionally, yogasana can be highly beneficial in managing stress and anxiety. Moreover, the meditative aspects of yoga encourage a greater awareness of the body and thoughts, leading to enhanced self-awareness and a deeper sense of inner peace.

How it helps

In a non-placebo-controlled trial of 40 participants with frozen shoulder, practicing yogasana for 4 weeks improved functional status and joint mobility better than physiotherapy [R].

2



Yoga

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Yogasana was as effective as physiotherapy at improving functional status but was more effective at improving mobility in a non-placebo-controlled trial of 40 participants with adhesive capsulitis [\[R\]](#).

3



Acupuncture

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [[R](#), [R](#), [R](#), [R](#), [R](#)]:

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture can help reduce pain and improve the range of motion in people with frozen shoulder. By inserting thin needles into specific points on the body, acupuncture stimulates the nervous system, which can lead to pain relief and muscle relaxation.

4



Aerobic Exercise (Cardio)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE
1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Aerobic exercise can help improve blood flow and overall physical conditioning, which may support joint health and reduce stiffness.

5



Strength Training

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

1 hour

Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [\[R\]](#). Some of the most common strength training methods include [\[R\]](#):

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [\[R\]](#):

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

How it helps

Strength training can help by improving muscle function and reducing stiffness in the shoulder, promoting better movement and reducing pain.

How to implement

TYPICAL STARTING DOSE

120 mg

Description

How it helps

Hyaluronic acid supplements can improve joint health by increasing lubrication in the shoulder joint, potentially easing the stiffness and pain associated with frozen shoulder. It helps maintain good joint function and encourages healing.

7



Apply Heat

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Place a warm, not hot, heating pad or a warm wet towel on the affected area for 15-20 minutes at a time. Do this several times a day, ensuring there's at least a 1-hour interval between sessions to avoid skin damage.

TYPICAL STARTING DOSE

15 minutes

Description

Applying heat, such as through heating pads or warm baths, can help relieve muscle tension and soothe pain. It is a common method for managing muscle aches, menstrual cramps, and minor injuries.

People use hot applications to relieve pain, improve blood flow, and more [\[R\]](#), [\[R\]](#).

Types of hot applications include [\[R\]](#), [\[R\]](#):

- Heating pads
- Hot baths
- Saunas
- Hot water bottles

How it helps

Applying heat to the shoulder can help relax tense muscles and increase blood flow, which aids in relieving pain and improving mobility in someone with a frozen shoulder.

8

Physical Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Attend physical therapy sessions 2-3 times per week for a duration of 4-6 weeks, depending on your specific condition and the advice of your healthcare provider. Each session typically lasts about 30-60 minutes, where a licensed therapist will guide you through targeted exercises, stretches, and possibly other treatments like electrical stimulation or ultrasound therapy.

TYPICAL STARTING DOSE

30 minutes

Description

Physical therapy is a therapeutic practice focused on optimizing physical function and mobility through specialized exercises, manual techniques, and therapeutic modalities. It helps individuals recover from injuries, manage chronic conditions, and improve overall physical well-being by enhancing strength, flexibility, and pain management.

Physical therapy (physiotherapy) helps people regain or maintain their ability to move [\[R\]](#).

Physical therapy can involve [\[R\]](#):

- Joint or muscle exercises
- Corrective movements
- Massage
- Education and advice

People mainly use physical therapy to help with [\[R\]](#), [\[R\]](#):

- Pain and injury
- Stroke recovery
- Chronic health conditions
- Headaches

Mirror therapy uses a mirror placed between the arms or legs. The image of a moving arm or leg gives the illusion of normal movement in the affected one. This therapy stimulates different brain regions and aims to improve mobility [\[R\]](#).

Constraint-induced movement therapy is another type of physical therapy. It consists of restraining the healthy leg or arm to increase the use of the affected one [\[R\]](#).

How it helps

Physical therapy for frozen shoulder includes exercises and sometimes, manual therapy techniques. These help to improve range of motion, stretch the shoulder capsule, and strengthen the shoulder muscles, leading to reduced pain and improved function.

9



Stretching

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate stretching exercises into your daily routine, dedicating at least 10-15 minutes each day. Focus on major muscle groups such as the neck, shoulders, chest, back, hips, and legs. For best results, stretch both before and after other physical activities, holding each stretch for 15-30 seconds without bouncing.

TYPICAL STARTING DOSE
15 minutes

Description

Stretching involves gently elongating the muscles to improve flexibility, reduce muscle tension, and enhance joint mobility. Regular stretching can help prevent injuries, promote better posture, and increase overall physical comfort.

Stretching is a form of physical exercise that involves moving a muscle or group of muscles to their maximum range of motion. The most common types are **dynamic** (involving movement) and **static** stretching.

Stretching can help **improve flexibility, range of motion, and posture**. It may also relieve stress, reduce muscle soreness and tension, increase blood flow, and reduce the risk of injuries.

To get the most out of stretching, try to do it regularly, breathe deeply, and ease into the stretches.

How it helps

Regular stretching exercises specifically designed for frozen shoulder can help increase the shoulder's range of motion. Stretching the shoulder gently helps to stretch and strengthen the joint capsule.

10



Vitamin C

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

2000 mg

Description

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

Foods rich in Vitamin C include: [\[R\]](#)

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

Vitamin C contributes to collagen production and repair of tissues in the body. It can help reduce inflammation and promote healing, which may be beneficial for improving mobility and reducing pain in people with frozen shoulder.

11



Manual Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Schedule a session with a certified manual therapist, such as a physical therapist or chiropractor, once a week for at least 3 to 6 weeks. During these sessions, allow the therapist to apply hands-on techniques to manipulate muscles and joints aiming to improve mobility and reduce pain.

Description

Manual therapy encompasses various hands-on techniques used by healthcare professionals, including physical therapists and massage therapists, to alleviate pain, improve mobility, and promote overall musculoskeletal health. It can be effective for addressing a wide range of conditions, from muscle tension to joint disorders.

How it helps

Manual therapy involves specific hands-on techniques to manipulate or massage the shoulder joint, helping to improve its range of motion and decrease pain.