**Our research team would like to invite you to take part in a group discussion about Frozen Shoulder.**

**About our Research**

* Frozen shoulder is when the shoulder becomes inflamed leading to pain, stiffness, and difficulty using the arm for everyday activities such as dressing and bathing.
* There are a variety of surgical and non-surgical treatments which are used to treat Frozen Shoulder
* Our team is specifically interested in developing a study to find out which non-surgical treatment is most effective at decreasing pain and improving arm function as well as which treatment is the most cost effective for the NHS
* We would like to talk to people who have had treatment for frozen shoulder to learn more about their experience, treatment, what they think is important for rehabilitation, and to provide feedback on our research study.
* The group discussion will last around two to two and half hours. Light refreshments, coffee, and tea will be provided for all participants.
* If you have any questions or would like to get involved please email: [katey.collins@bartshealth.nhs.uk](mailto:katey.collins@bartshealth.nhs.uk) or [Fiona.bennin@bartshealth.nhs.uk](mailto:Fiona.bennin@bartshealth.nhs.uk) alternatively, please call 0203 594 0182, someone in our team will be able to answer your questions.

**Discussion Group**