

## الكتف المتجمدة

# Frozen Shoulder (Adhesive Capsulitis)

Tibb al-Nabawi Protocol · Authentic Hadith · Prophetic Remedies · Modern Clinical Evidence

Stiff, painful shoulder with limited motion.

**MEDICAL DISCLAIMER:** This protocol is for educational purposes only. Consult a qualified physician before applying any remedy or undergoing Hijama therapy. Pregnant women, children, and patients with chronic conditions require specialist guidance. Hijama must be performed by a certified practitioner.

## EXHAUSTIVE REVELATION · QUR'AN

فستى لهما ثم تولى إلى الظل فقال رب إني لما أنزلت إلي من خير فقير

"So he watered [their flocks] for them; then he went back to the shade and said, 'My Lord, indeed I am, for whatever good You would send down to me, in need.'"

**Surah Al-Qasas · 28:24** — Prophet Musa's physical exertion of watering flocks and subsequent need for rest illustrates the importance of balancing work with recovery, relevant to frozen shoulder rehabilitation which requires gradual movement restoration after periods of restricted motion.

## VISIT OUR CLINIC FOR PROFESSIONAL TREATMENT

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We provide: Hijama (Wet Cupping) by qualified practitioners · Ruqyah Shar'iyah · Prophetic Herbal Medicine · 100% Organic Products (Sidr Honey, Ajwa Dates, Black Seed, Indian Costus, Moringa, Olive Oil, and more) · Hijama Diploma Course.