

## **ARTHROSCOPIC CAPSULAR RELEASE**

**Reinforce to patient the range of movement achieved post release as documented in operation note**

### **Discharged from ward with:**

- • Active elbow, hand, finger, neck and shoulder girdle exercises
- • Pendular exercises
- • Teach active assisted elevation exercises in sitting or supine position
- • Postural awareness advice
- • Polysling for 2-3 days until inter-scalene block resolved and patient comfortable enough to mobilise shoulder
- • ENSURE PATIENT BOOKED FOR OUTPATIENT PHYSIO WITHIN 7-10 DAYS

### **10 days – 6 weeks post operation:**

- • Ensure polysling discarded
- • Encourage adequate analgesia (adequate pain relief is essential)
- • Encourage and motivate patient to regularly perform capsular stretching exercises at home (essential for patient to be engaged in helping themselves to regain and maintain range of motion achieved at surgery)
- • Start scapular setting
- • Check active elbow, hand, finger, neck and shoulder girdle exercises
- • Progress active assisted glenohumeral joint movements in all directions as tolerated
- • Progress to active movements in all directions when tolerated
- • Teach posterior capsular stretches with patient lying on side

flexed and use contralateral arm to push wrist of affected arm downwards towards the bed – posterior capsular stretch exercise

### **6 weeks onwards post operation:**

- • Start resisted work if tolerated
- • Closed and open kinetic chain exercises
- • Ensure not hitching at shoulder to commence movement
- • Strengthen rotator cuff and deltoid
- • Gradual return to normal activities as tolerated

### **Return to activity - Guidelines**

Driving 2 weeks on average

It can take a number of months to regain satisfactory range of movement


Can return to sporting activities and work when patient feels able  
This will depend how severe the frozen shoulder is and other medical factors – note patients suffering from diabetes or whose frozen shoulder has developed after trauma may take longer to recover and may not regain full range of movement

### **Contact Details**

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