

Two weeks after your surgery

You may remove your dressing and wash off the steristrips in the shower or bath.

Outpatient review

Your progress will be reviewed by the specialist nurse 4 weeks after your operation.

Household activities

Avoid heavy household tasks for 6 weeks.

Return to driving and work

You may return to driving and work 3 to 4 weeks after your surgery.

This mainly depends on how much pain you may be experiencing and the degree of movement in the shoulder. In addition, it is advisable to contact your insurance company and inform them of the surgery you have had.

If you experience any problems, please contact:
Mandy Howes, Nurse Practitioner. Tel: 01205 446848.

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

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If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk

Arthroscopic Capsular Release

Orthopaedic Department
Pilgrim Hospital

Physiotherapy: 01205 445359/446412
Occupational Therapy: 01205 446412

www.ulh.nhs.uk

The procedure

This procedure is completed to release the tightness associated with a frozen shoulder.

A frozen shoulder means that the capsule which surrounds your shoulder joint has become tight and inflamed. This restricts shoulder movement and causes pain.

During the procedure small cuts are made in the capsule to release it, leading to increased movement.

Instructions for after your operation

You will be provided with a sling to wear for a week. It is important you remove your sling to complete your exercises and discard the sling as soon as possible.

After your operation it is very important that you keep your shoulder moving to ensure you benefit from the surgery.

Washing and dressing

With the sling removed and the arm in the pendular position (see pendulum exercise), wash and dress the operated arm followed by the unaffected arm.

You may find clothing in a stretch fabric easier to wear.

Positioning

When sitting and lying, you may want to place a pillow beneath your elbow and keep the arm slightly forwards to help decrease pain.

Exercises: Day 1 to 2 weeks

Complete 10 repetitions of each exercise every 2 hours.

Pendulum:

Lean forwards letting operated arm hang. Gently swing the arm:

- Forwards and backwards
- Across the chest then away from the side of the body
- In a circular motion



Active assisted abduction:

Grip the end of the stick with arm to be exercised. Lift the stick up sideways.



Active assisted flexion:

Grasp wrist of operated arm, reach over head as far as possible.



Wrist and elbow:

Move your elbow and wrist through their full range to prevent stiffness and tightening.

Neck:

Keep your neck moving by looking up, down and round to look over each shoulder.

Physiotherapy

A week after your operation you will be reviewed by your physiotherapist. The range of movement and strength in your arm will be assessed and the exercises will be progressed to aid your rehabilitation. At this point, treatment will focus on maintaining the range of movement, increasing the strength in your arm and helping you return to normal activities.