

When can I start?

Light work (no heavy lifting) – 2-4 weeks

Heavy work (or above shoulder level) – 12 weeks+

Driving – Discuss with your consultant

Please bring a vest top to all of your follow up physiotherapy appointments.

Useful website:

www.shoulderdoc.co.uk

*If you have any questions regarding any of the advice included in this leaflet please do not hesitate to contact the physiotherapy department on **0114 263 2112***

*For advice on how long to wear your stockings please contact the nursing staff on **0114 263 2176***



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Capsular Release

Physiotherapy Advice



Part of Aspen Healthcare
www.aspen-healthcare.co.uk

What have I had done?

During what is commonly referred to as a frozen shoulder, the capsule that surrounds the shoulder becomes tight and inflamed and restricts normal movement. The aim of the operation is to restore functional movement in your shoulder by cutting into the capsule to remove the damaged tissue and thereby freeing or releasing the capsule. A sling is required for 1-2 days until full sensation returns to arm.

Will I experience pain?

You are likely to experience pain in the shoulder and in the upper arm in the first 12 weeks. The pain may be worsened on activity, which is normal. You will be prescribed pain relief to take home, this is to be used to ensure you can meet all recovery goals. **If you find your medication is not managing your pain well, it is important to visit your GP to review the pain relief to avoid falling behind schedule with your rehabilitation.**

What should I avoid?

✗ Avoid any excessive manual work e.g. heavy lifting/gardening for at least 12 weeks.

What can I do to help myself? Take pain relief as advised by nursing staff.

- ✓ Aim for full range of movement by 6 weeks post op
- ✓ Apply ice in a damp pillow case/tea towel to the shoulder for 15 minutes max, 4 times a day (before, during or after exercise)
- ✓ Take pain relief regularly, especially before exercises.

Exercises

These stretches will take you to the end of your range of movement and should be performed frequently (for 2 minutes every 2 hours). Using your pulleys in the night can also be useful to recover range of movement.



Fix pulley to door as demonstrated. Adjust pulleys to allow for maximal movement. Use your non-operated arm to pull operated arm straight up in front. This movement can be repeated at increasing angles out to the side. Repeat often throughout the day.

Can start this when grip strength returns; wait for the nerve block to wear off before starting other exercises.



Stand facing a wall. Using a towel or paint roller, ease your hand up the wall avoiding compensation (arching the back or shrugging the shoulder). Step closer to the wall to get further with your arm. Reverse down the same way. *Hold the stretch at the top of the movement for 3 seconds, 10 times.* This movement can also be done for the arm out to the side movement.



Sit/stand with operated elbow at a right angle. Place a rolled towel between your elbow and side. Hold the stick with both hands. Push with your non-operated arm to take your operated arm out to the side, while maintaining the right angle and the elbow in the same position. *Hold 3 seconds, 10 times.*



Stand and with your non-operated arm bring a rolled up towel over your shoulder and behind your back. Get hold of the towel with a firm grip. Pull upwards with your non-operated arm, avoid compensation (leaning forwards or loosening your grip). *Hold 3 seconds, 10 times.*



Assume the position shown. Completely relax your operated arm. Sway your whole body slowly to move your operated arm forwards/backwards and side to side. Repeat moving in circular patterns in both directions. The movement should be pain free and relaxed. *Repeat throughout the day as comfortable.*