

Rugby St Cross: Orthopaedic Physiotherapy

Capsular Release



This advice sheet is for patients following capsular release of the shoulder.

The operation aims to reduce the recovery time of a frozen shoulder by freeing the joint to gain range of movement and reduce pain. This is keyhole surgery which involves thinning and debriding the thickened, swollen and inflamed abnormal capsule.

What to expect afterwards

Pain

A nerve block is used during the operation which means that immediately after the operation the shoulder and arm may feel heavy and numb. This may last a few hours. After this the shoulder may well be sore and you will be given painkillers. These should be continued after you are discharged home.

Ice packs may also help reduce pain and any post-operative swelling. When at home wrap frozen peas or crushed ice in a dry cloth and place on your shoulder for up to 20 minutes. Use it at least 3 times per day, although there must be at least an hour between applications.



Patient Information

Wound

This is a keyhole operation usually done through two or three 5mm puncture wounds. You may be given instructions for the removal of stitches at your GP surgery by the practice nurse.

Sling

You will return from theatre wearing a sling. This is for comfort only and should be discarded as soon as the nerve block has worn off. (This can take up to 12 hours).

Exercises

The success of your operation will often depend on the amount of effort you are prepared to put into your rehabilitation. Although your shoulder may be sore after the operation it is vital that you start moving it in order to maintain the range of movement achieved by the surgery.

Before being discharged you will be seen by the physiotherapist who will advise you and explain the exercises you need to do.

It is essential you do the recommended exercises five times per day or you may not make a full recovery. You may experience discomfort when doing these exercises, this is normal. Please maintain the maximum amount of movement as possible.

Neck exercises

Look up and down, look left and right, bend ear to shoulder on both sides. Repeat 10 times.

Pendular hang

With the sling taken off, stand up, support yourself on the arm of a chair or a table and bend over slightly. Allow the operated arm to hang down under the effect of gravity and swing arm gently backwards and forwards, then side to side. Slowly rotate arm in a circular motion progressively getting bigger for 10 seconds. **Repeat in other direction.**



Patient Information

Posterior Capsule Stretch

Stand or sit and lift your operated arm across your chest and your hand over the opposite shoulder.

Use your unoperated arm to move your elbow towards your opposite shoulder, until you feel a stretch in the back of your shoulder. Maintain the position for 10 seconds and relax. **Repeat 3 times.**



External Rotation

Stand holding a stick keeping your arms at your sides and elbows bent.



Use your unaffected arm to push your affected arm out away from your body, keeping your elbow by your side. **Repeat 10 times.**

Wall Slides

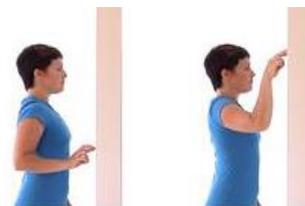
Stand beside a wall and place your palm on the wall. Slide your hand up the wall slowly.



Place your unoperated hand on top of your shoulder. Try not to let your shoulder hitch up into your hand. If it does, return your arm to the starting position and **repeat 10 times.**

Stand facing a wall and place your palm on the wall. Slide your hand up the wall slowly.

Place your unoperated hand on top of your shoulder. Try not to let your shoulder hitch up into your hand. If it does, return your arm to the starting position and **repeat 10 times.**



Active-Assisted Flexion

Lie on your back with your hands clasped together. Lift both arms over your head as far as possible helping yourself with the good arm. Return to starting position and **repeat 10 times.**



Patient Information

Hand behind Back

Stand or sit. Bring your operated arm behind your back and **repeat 10 times.**



Discharge

You will usually be able to go home when you feel ready. You will need to arrange for someone to drive you home. You should try to have a friend or relative stay with you for the first 24 hours.

Physiotherapy is essential after the operation and you will be contacted with an urgent outpatient physiotherapy appointment after your discharge. If you have not heard from outpatient physiotherapy within a week please contact the department on the number below.

If you have any concerns about your wounds between therapy appointments please contact the hospital.

If you have any queries or concerns please contact:

Rugby Physiotherapy Orthopaedic Department Telephone: 01788 663054

University Hospital Coventry and Warwickshire Telephone: 024 7696 5046

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact your physiotherapy department and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

Author	Sophie Riding
Department	Orthopaedic Physiotherapy St Cross
Contact Tel	23054
Published	August 2012
Reviewed	July 2019
Review	July 2022
Version	6
Reference	HIC/LFT/1480/12