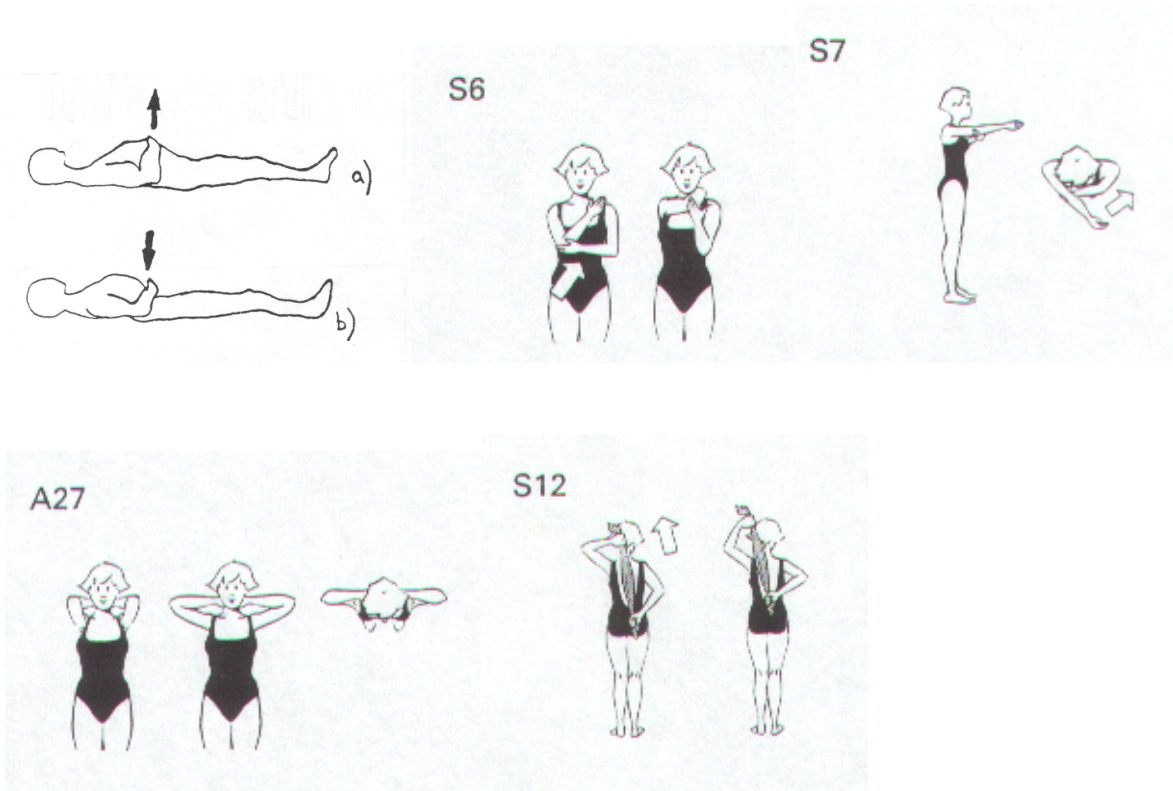


Arthroscopic capsular release and mobilization under anaesthetic for adhesive capsulitis (frozen shoulder)

Pre operative period:

- Diaphragmatic respiration exercises
- Mobilisation exercises in 3 planes held for min of 30 – 60 seconds that avoid provoking intense shoulder pain.

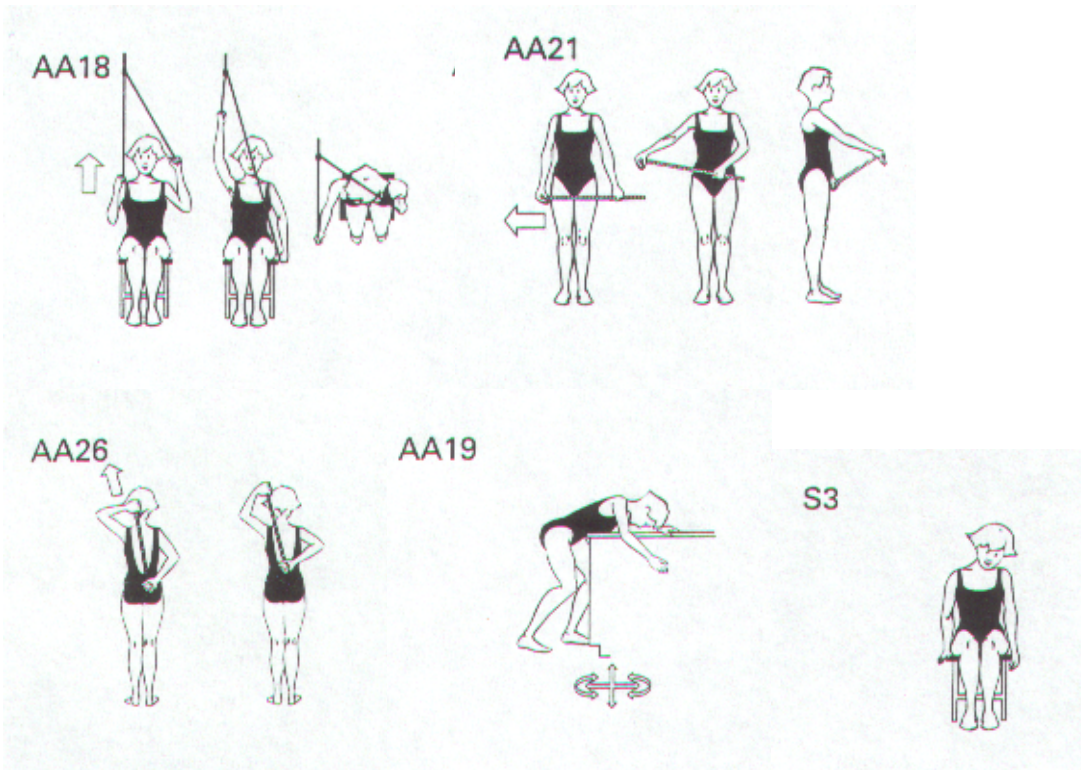


Post operative period:

1 – 20 days

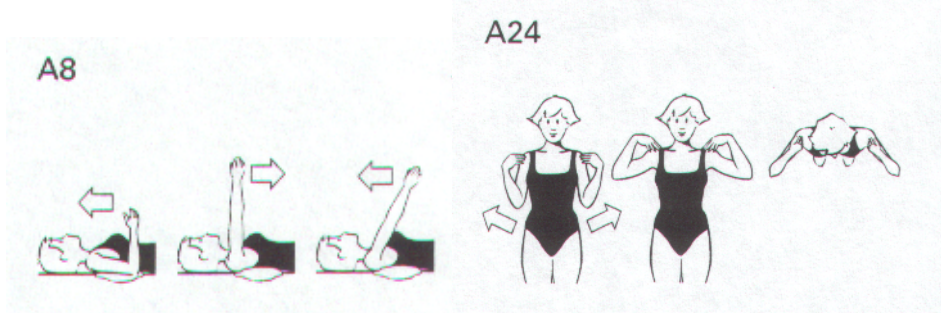
Apply localised ice 20 min 3 times per day if possible for first 3 days, sling/collar and cuff for immediate post operative period for comfort, to be removed as soon as possible and utilised for limited periods during the day.

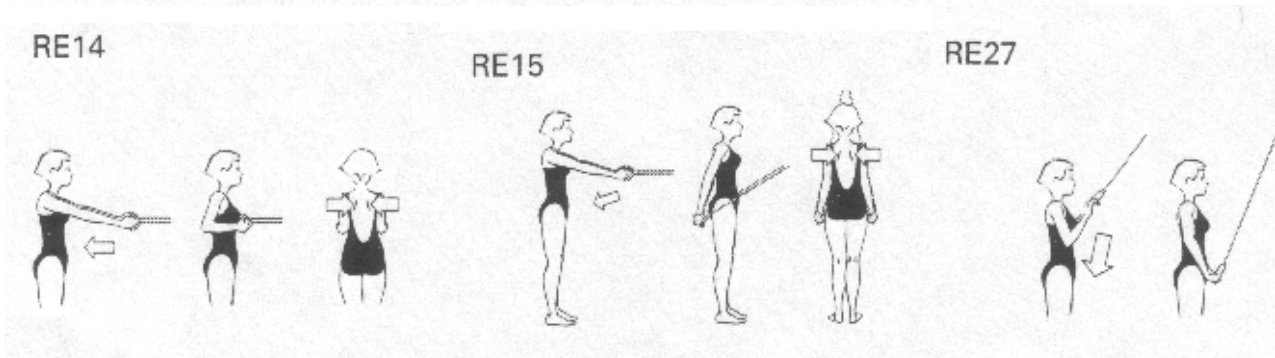
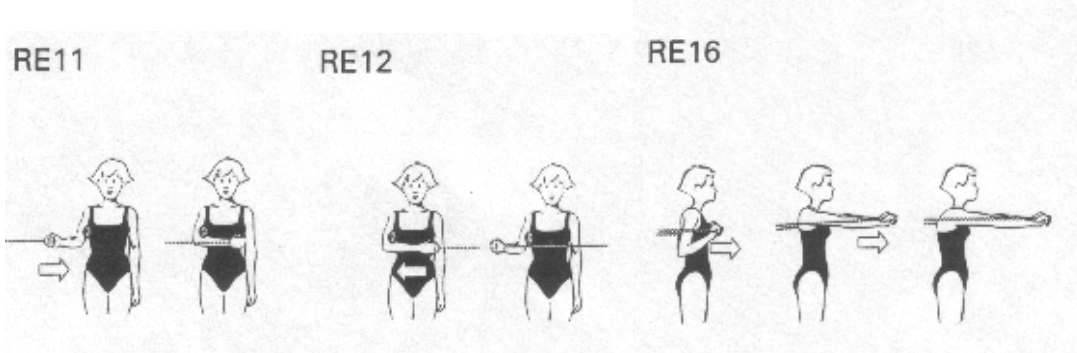
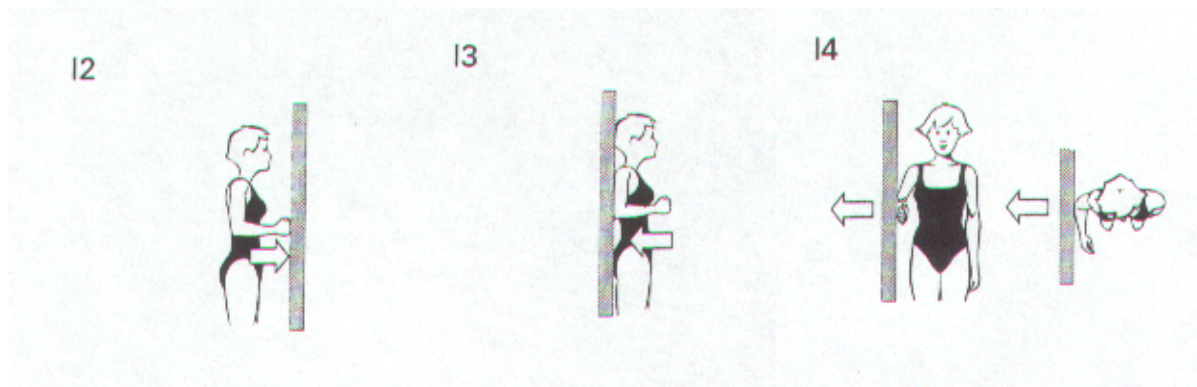
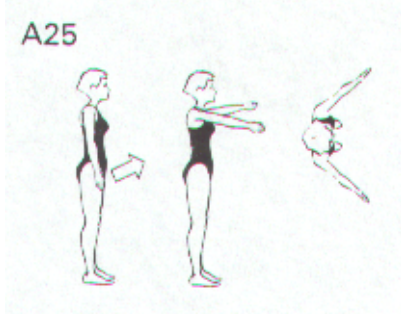
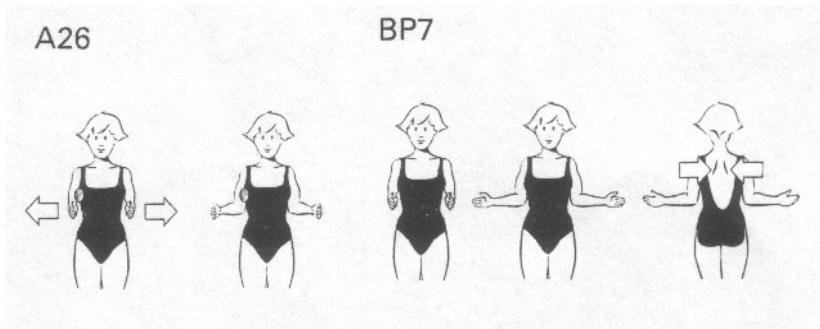
- Hand pumping and flexion extension of the elbow with sling undone.
- Shoulder mobilization in elevation, internal and external rotation and adduction: passive or with active assisted movements. Passive mobilisation must be done combining movements on 2 spatial planes (traction and external rotation, translation and internal rotation etc). Progress mobilisation as pain allows.
- Codman Pendular movements.
- Auto/self stretching trapezius.

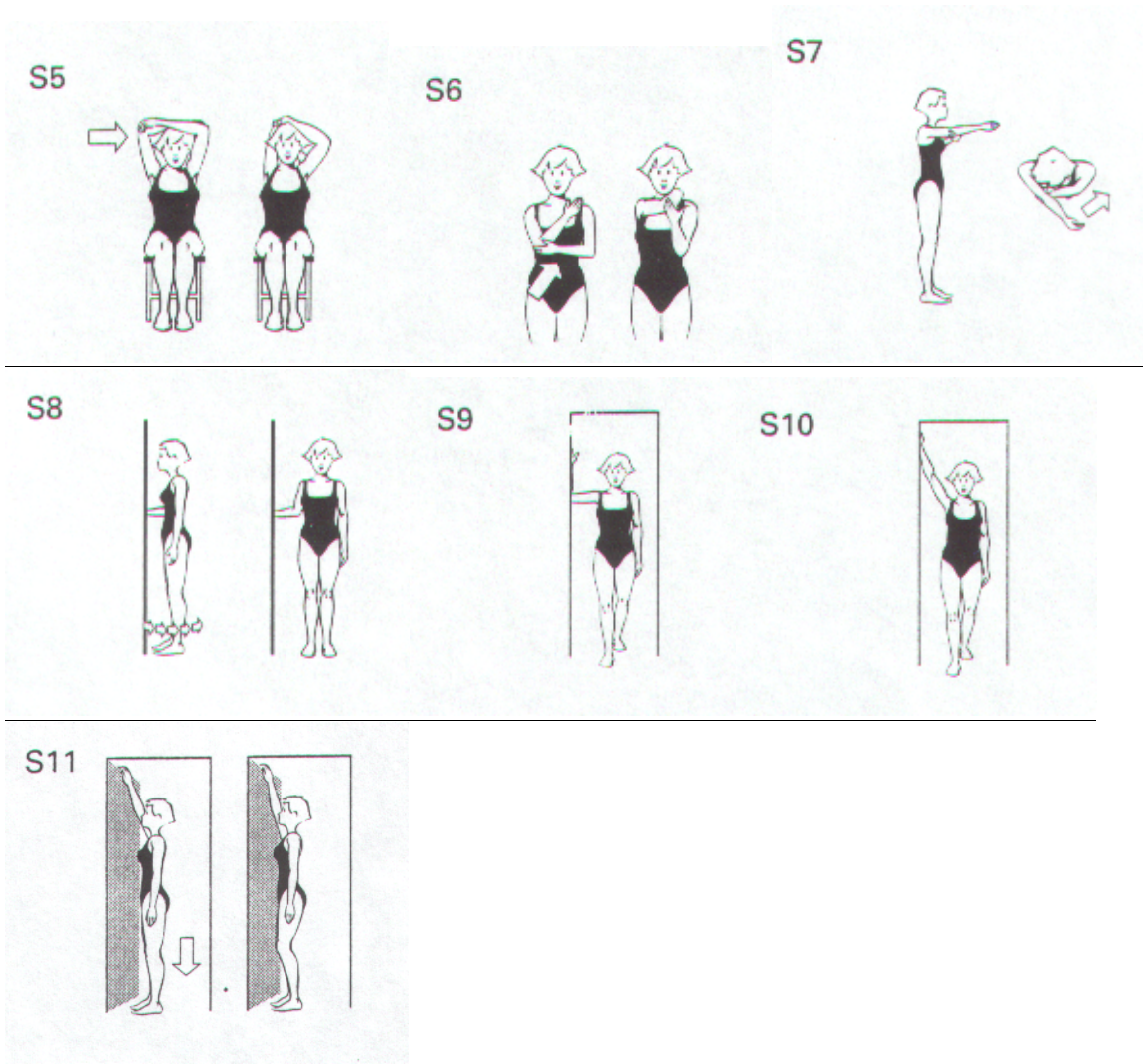


3 – 6 weeks:

- Active mobilisation exercises in the scapular plane.
- Isometric strengthening exercises in external rotation, internal rotation, abduction, adduction, and flexion.
- Eccentric and isotonic strengthening exercises in the same direction without added weights or external resistance to be started as symptoms allow.
- Strengthening exercises using exercises band for external rotators and periscapular muscles as pain allows.
- Stretching exercises starting from external rotators and progressing to muscle groups working on end of range movements of: elevation, abduction, adduction and internal/ external rotation.
- Exercises to regain range of movement and strengthening in the swimming pool.

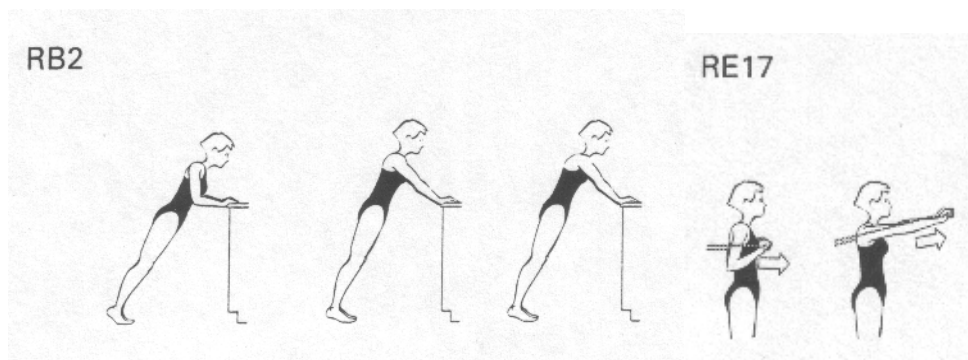


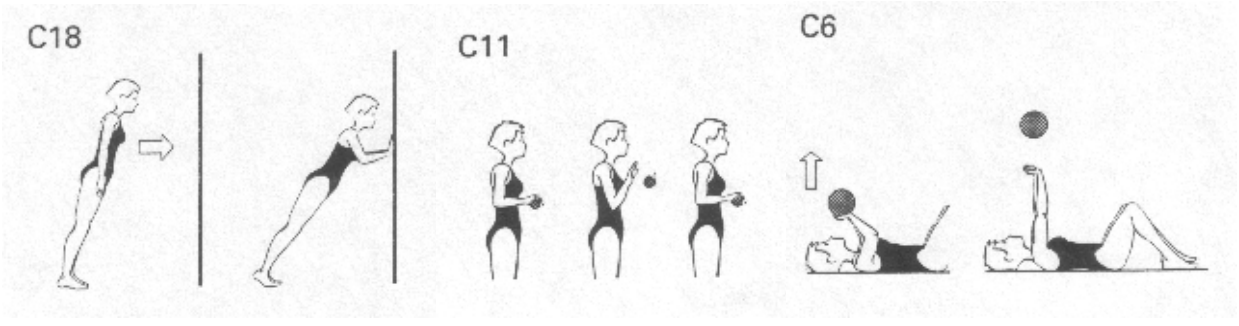
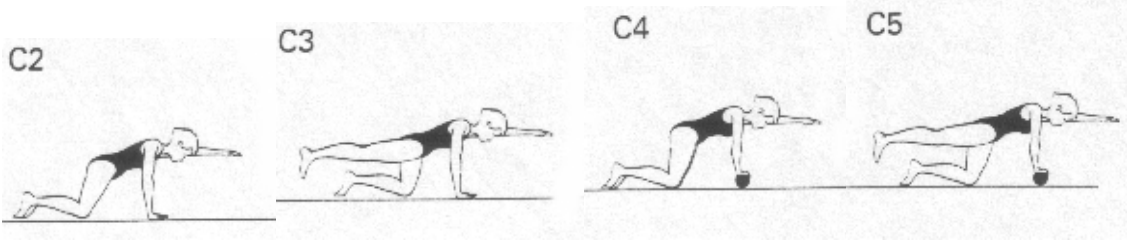
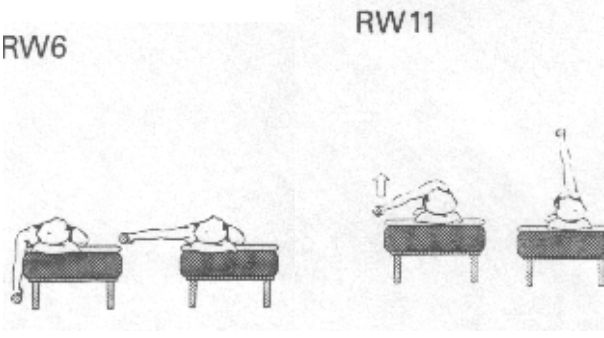
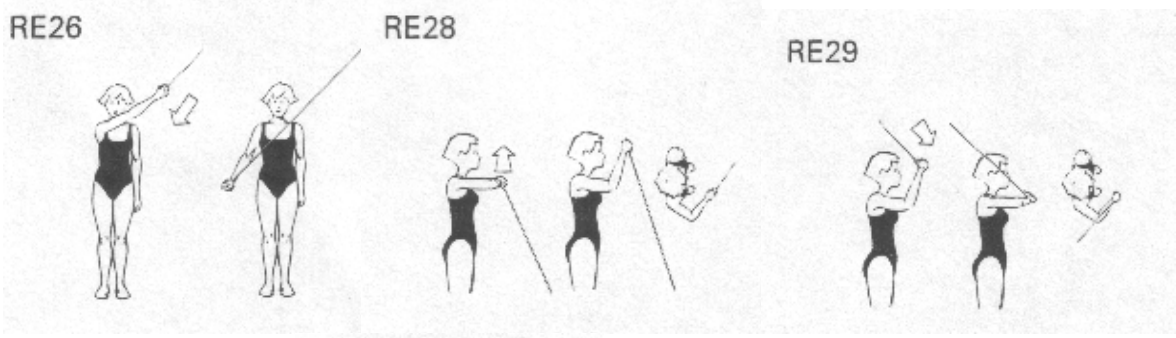
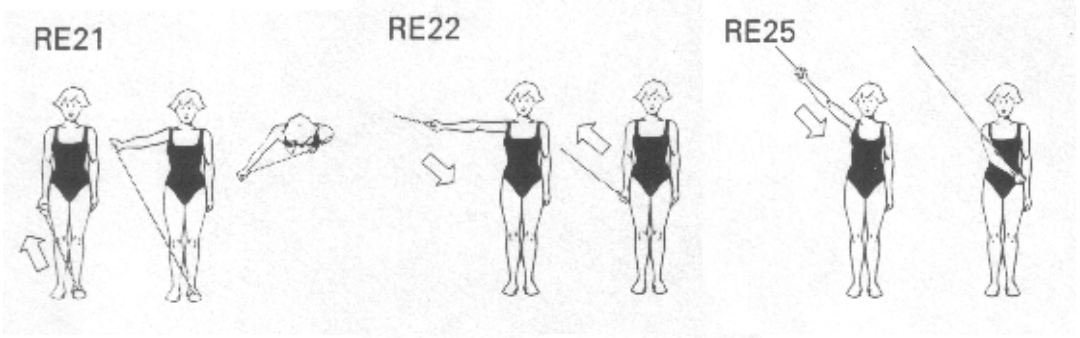


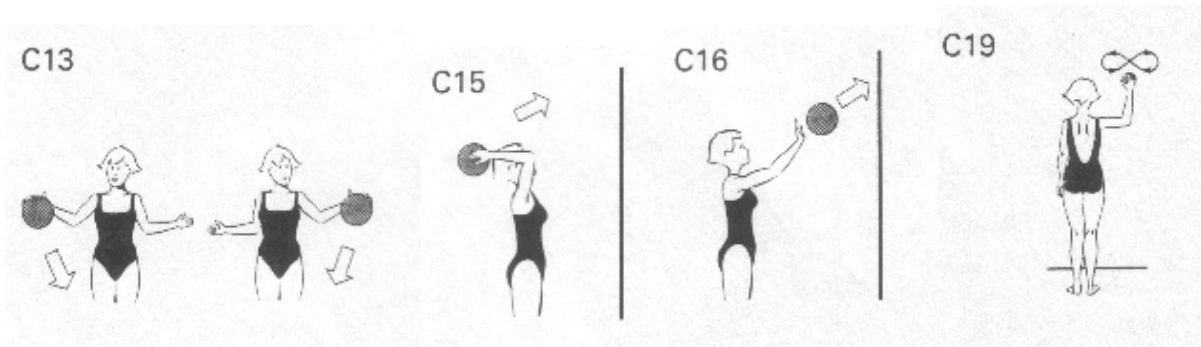


6 weeks onwards:

- Progress strengthening exercises with elastic bands and weights for stabilising muscles (rotator cuff) and scapular depressors focussing on: anterior deltoid, middle and inferior trapezius.
- Symmetrical and asymmetrical scapulo-humeral rhythm co-ordination exercises.







Clinic appointments to be scheduled immediately after the operation with the physiotherapist and at 3 weeks, 3 and 6 months following surgery. Recovery of movement is extremely variable but generally complete at 6-12 months from surgery.

It is worth remembering that it is possible a reoccurrence of the frozen shoulder and that the contralateral shoulder may also be affected in about 40 % cases, this is more common more for secondary frozen shoulder (diabetes, barbiturate treatment, associated with M. Di Dupuytren etc)