

Postoperative protocol **Capsular release for Frozen shoulder**

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Immediate & upto 2 weeks

- Maintain arm in sling till the effects of the block have worn off
- Begin passive-assisted/active-assisted exercises
- Range of motion exercises – un-restricted
- Polysling for comfort, but may be discarded during the day.
- Use it when going out or when resting

- Once the pain is easier, increase range of motion exercises

- Gentle stretching exercises that can be undertaken are as follows:

Overhead pulley exercises

Climbing the hand up the wall

Stretching the shoulder by leaning against the wall

Using a stick for rotations

Using a towel