**Frozen Shoulder release -Rehabilitation programme**

# 0 – 6 weeks after surgery

# Wear sling when walking or travelling

# Full active and passive Forward elevation, external & internal rotation

* Otherwise remove sling with arm supported on a chair, table or pillow and use hand the hand can be used for eating, computer and paperwork etc
* Isometric shoulder muscle exercises including deltoid and scapula stabilizers except subscapularis.
* Elbow, wrist and hand exercises 3 times a day

# 6 – 9 weeks after surgery

* No more sling except if in a busy or crowded rowdy situation.
* Begin active and passive stretches concentrating on external and internal rotation and forward flexion, progressing to circumferential shoulder motion.
* Commence theraband strengthening with arm at side (i.e. internal and external rotation).

# 9 – 12 weeks after surgery

* Continue to stretch to achieve 90% of opposite side external rotation.
* Commence abduction with arm in internal rotation and progressing to neutral.
* Commence lightweights and weight endurance training NO external rotation past 0° in 90° abduction.

# 12 – 24 weeks after surgery

* Increase weight and endurance exercises.
* Increase terminal stretch with arm of 90° external rotation with arm in 90° abduction at 20 weeks.

**May resume contact sports when normal scapula-thoracic rhythm and normal strength as compared to other arm is achieved at 6 months after surgery.**