

# CAPSULAR RELEASE

## Indications

- Primary and secondary frozen shoulder
- Post-traumatic stiff shoulder

## Procedure

- Usually performed under combined general anaesthetic & interscalene block
- Full ROM is usually achieved operatively unless otherwise stated. The aim of rehab is to retain that motion. Therefore, early and active rehab is started as soon as possible post-operatively.

<b>Day 1</b> <b>Day Case</b>	<ul style="list-style-type: none"> <li>• Passive &amp; active ROM begins</li> <li>• Ensure the joint is taken through all planes of movement</li> <li>• Book an outpatient physio appointment within 5 days</li> </ul>
<b>Outpatient</b> <u>Mobility stage 1</u> <u>Mobility stage 2</u> <u>Strengthening</u>	<ul style="list-style-type: none"> <li>• Reduce pain to enable ROM to be achieved</li> <li>• Restore full ROM as quickly as possible through passive &amp; active assisted exercise, maintain &amp; improve this range</li> <li>• Ensure normal movement pattern with ROM</li> <li>• Improve shoulder strength through a graduated strengthening programme</li> <li>• Continue physio until the patient's full potential has been reached</li> </ul>
<b>Milestones</b>	
<b>6 Weeks</b>	ROM greater than pre-op range
<b>6 Months</b>	Full ROM achieved

## MOBILITY STAGE 1

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### **Pendular**

Leaning forwards, let the operated arm hang comfortably



### **Pendular with swing**

Leaning forwards, let the operated arm hang comfortably, gently swing the arm in a circular movement

### **Assisted external rotation**

Lying with the operated arm supported on a folded towel, take the arm outwards with the assistance of a stick





### Assisted external rotation in sitting

Sitting with both arms supported on a table, slide the operated hand outwards with the assistance of a stick



### Supported forward flexion

Sitting with both arms supported on the table, slide the arms forward



### Assisted elevation

Lying holding on to a stick with both hands, let the un-operated arm lift the operated arm up towards the head



## MOBILITY STAGE 2

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### Pulleys

Let the un-operated arm lift the operated arm by the use of pulleys



### Flexion on high table

Arms supported on a high worktop, walk backwards to stretch the arm upwards

### Hand behind back

Using a stick or a towel, pull the operated arm upwards from the waist



**External rotation against doorframe**

Standing with the operated hand against a door frame, elbow bent, arm tucked in, rotate the body so the arm stretches outwards

**Sleeper stretch to stretch the posterior capsule**

Lying on the operated side, arm out to the side and elbow bent, take the arm downwards, stretching it with the un-operated arm



# STRENGTHENING EXERCISES

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## Isometric external rotation

Elbow bent and by side, push outwards against opposite hand



## External rotation with band

Elbow bent and arm by side, pull outwards against resistance band



## External rotation with weight

Lying on side, elbow bent and holding on to weight, rotate hand outwards





## External rotation and elevation

Standing holding onto band and elbows bent, pull outwards. Maintaining the resistance, lift arms up towards head



## Isometric internal rotation

Elbow bent and by side, push inwards against opposite hand



## Internal rotation with band

Elbow bent and arm by side, pull inwards against resistance band



**Thirty degree raise with band**

Band underfoot and arm thirty degrees forward, pull outwards and upwards

**Supine anterior deltoid**

Lying with no weight or light weight, lift bent elbow up to straight





## PNF patterns with weight

Lying on back holding small weight, diagonal pattern of movement from body to above head



## Eccentric flexion with band in door

Knotted band fixed in closed door, pull band down

