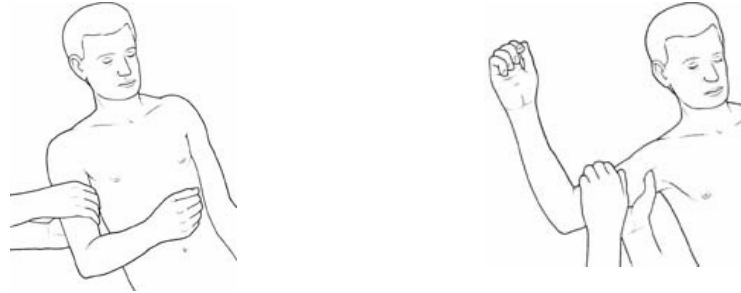


SHOULDER MUA/ARTHROSCOPIC CAPSULAR RELEASE



Patient to be seen within 72 hours of discharge from the Orthopaedic Unit at Macclesfield District General Hospital

OPERATION

Purpose

To reduce pain and increase the range of motion of the glenohumeral joint.

Case profile

Patients with pain and restricted range of motion from “frozen” shoulder.

Procedure

Under general anaesthesia the shoulder joint is manipulated into the greatest possible range of motion with the closed release of the adhesions.

Possible associated procedures

Arthroscopy.

Main possible complications

Humeral fracture.
Dislocation.

THERAPIST

In patient

- Same day physiotherapy assessment and comparison with examination under anaesthetic (EUA).
- Active assisted exercise regime.
- Arrange urgent follow-up appointment within 72 hours of operation.

72 hours

- Checked typed operation note with Consultant Secretary for ROM achieved in theatre
- Progress with home exercise programme.
- Passive mobilisation techniques with therapist as indicated.
- Emphasise correction movement pattern in activities of daily living.
- Capsular stretching exercises

4 weeks +

- Rotator cuff isometric exercises.
- Continue passive mobilisation
- Scapular stabilisation exercises.
- Ensure continuation of home exercises.

MILESTONES	
Week 6	Range of motion at least equal to the EUA level.
6 months	Full active ROM