

REHAB PROTOCOL FOR ARTHROSCOPIC CAPSULAR RELEASE

TIME POST OP	REHAB GUIDELINES	GOALS / ADVICE
Day of Surgery	Check post-op notes Immediate active assisted exercises Anterior elevation and external rotation with stick/pole	Procedure range achieved Needs next working day Physiotherapy appointment.
Day 1	Check ROM Capsular stretching at least 20 minutes slow sustained per day Continue active assisted exercises Check analgesia management Pulley exercise programme Passive mobilisation techniques Isometric rotator cuff exercises Scapular stabilisation exercises – movement pattern correction	Driving – 1 week if comfortable and safe Work : Sedentary – 1-2 weeks if comfortable Light manual – 4-6 weeks Heavy – 8-12 weeks /discuss with consultant
2 - 6 weeks 1 st Surgeon Review	Active ROM Strengthening exercises through range – theraband, gym weights, press-ups Continue to check quality elevation/abduction movement	On table ROM achieved Start gym rehab if appropriate
12+ weeks 2 nd Surgeon review	Aim for maximum ROM Functional task rehabilitation – sports/work Check rotator cuff activity through range	Good scapulohumeral rhythm
Complications	Failure to improve ROM, persisting stiffness and pain	
Final goals	Good functional ROM, regained on table ROM at 6-12 weeks. Return to clinic if ROM not regained. Return to work Complete pain relief would take 9-12 months.	<u>Outcome measure</u> – Oxford Shoulder Score.

ABOUT MR GEORGE-MALAL

Mr Joby George-Malal is an experienced Consultant Orthopaedic Surgeon with special interest, training and expertise in upper limb (shoulder/ elbow/ hand) problems.

CLINICS

SPIRE HARPENDEN HOSPITAL, HARPENDEN
THE SAXON CLINIC, MILTON KEYNES
THE MANOR HOSPITAL, BEDFORD

CONTACT

EMAIL: info@georgemalal.com
TEL: 03330 124 051
WEB: georgemalal.com