



Manipulation under anaesthesia and/or Arthroscopic Capsular release of shoulder joint: Rehabilitation Protocol

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Surgery:

This surgery is done for stiffness of shoulder. This surgery is performed through key holes in which contracted tissues are released.

- The aim of rehab is to retain motion achieved on table. Therefore early and active rehab is started as soon as possible post-operatively.

	Post op
Day 1 Day Case	<ul style="list-style-type: none"> • Passive & active ROM is begun • Ensure the joint is taken through all planes of movement • Book early patient physio appointment to be reviewed within 1/52 - document ROM achieved in theatre on Physio referral & attach copy of op note if available
Out patient	Aims: <ul style="list-style-type: none"> • Reduce pain to enable ROM to be achieved • Restore full ROM as quickly as possible through passive & active assisted exercise, maintain & improve this range • Ensure normal movement pattern with ROM • Improve shoulder strength through a graduated strengthening programme • Continue physio until the patients' full potential has been reached
6 Weeks	ROM greater than the pre-op range