Other formats:

If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team: patient.information@addenbrookes.nhs.uk. Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Physiotherapy department
Patient Information
Capsular release
**General advice**

In this procedure the capsule supporting the shoulder joint is cut to allow more movement. The capsule is made up of soft tissues that help to stabilise the joint and should allow the joint to move freely through a normal range.

- The following information is designed to optimise the healing process after your shoulder surgery.
- Use your sling for comfort only. You should aim to discard it within two to three days after being discharged from hospital.
- If you have had nerve block for surgery, expect numbness to persist for up to two days after discharge.
- It is important to note that your shoulder will feel uncomfortable/painful, however this is normal after the surgery.
- We advise you to start taking oral pain relief before the nerve block wears off. You will know that the block is starting to wear off when you feel ‘pins and needles’ and you are able to move your fingers. These changes start in the hand and slowly work their way up your arm.
- Once the natural feeling has returned, you should aim to use your arm as normally as possible.
- Ensure your wounds are kept clean and dry; wear a waterproof dressing in the shower until they are healed.
- A referral will be made to your local physiotherapy service on discharge. They will progress your exercises in the appropriate time frame.
Contacts
If you have any concerns following discharge from hospital, the inpatient physiotherapy team can be contacted on 01223 216104.

Information
Please be aware that this handout is to be used as a guide. If you find these exercises painful please seek advice from your physiotherapist or doctor.

This information has been compiled by the physiotherapy team at Addenbrooke’s Hospital. You may receive this information during an appointment with a physiotherapist, from your clinic or ward, or via our website at www.cuh.org.uk/addenbrookes/services/clinical/physiotherapy

Exercises

1. Stand leaning on a table with your unaffected arm. Let your operated arm hang relaxed straight down. Swing your arm to your left and then to your right.

   Repeat 10 times.

2. In standing or sitting use your unaffected arm to lift your operated arm forwards towards the ceiling (or as much as pain will allow).

   Repeat 10 times.

3. Stand leaning forwards with your hands on a kitchen work surface/back of a chair. Look through your arms at your feet, feeling the stretch at the front of the shoulder. Hold for 10 seconds.

   Repeat 10 times.

4. In standing or sitting position hold a stick in both hands. Use your non operated arm to push the stick to lift the operated arm to the side and then to push the arm as high as you can up towards the ceiling.

   Repeat 10 times.
5. In standing or sitting reach behind your lower back with your operated arm.
Use your good arm to move your operated arm further up your back, only do this as pain allows. Do not push yourself further.
Repeat 10 times

6. Sitting with your hands on your shoulders gently squeeze your shoulder blades together and hold for five to 10 seconds.
Repeat 10 times

7. Lying on your operated side with your arm out to the side. Use your unaffected arm to help push your operated arm down towards the bed. Hold for five seconds.
Repeat 10 times

Pain relief
To help us optimise your treatment, it is important that you have adequate pain relief. You will be sent home with medicine to help relieve the pain. If this is not working please see your G.P.

Use of ice
Ice can be used after your surgery to reduce pain and swelling. Either using an ice pack (or if not available place ice cubes in a plastic bag), wrap this in a tea towel to prevent direct contact with the skin. Apply to the shoulder for 20 minutes. Do not use if there is any numbness in the shoulder.