

## MUA/Arthroscopic Capsular Release

### Physiotherapy Protocol

The operation is performed under general anaesthetic. Full range of movement is achieved during the procedure unless otherwise stated. The procedure is done as a day case.

#### Aims of physiotherapy

- Restore 'full' range of movement as quickly as possible through passive and active assisted exercise
- Ensure the patient maintains this range with a home exercise programme
- Encourage resumption of ADLs immediately
- Exercising in water is particularly beneficial
- Strengthen rotator cuff as appropriate

#### Post-surgery

- A physiotherapy appointment should be arranged, prior to admission, for the day after surgery. If this appointment has not been made an appointment needs to be made for as soon as possible.
- The patient is seen prior to discharge by the physiotherapist when passive and active range of motion is begun. It is important that the joint is taken through all planes of movement
- Be careful not to force elevation - there is a small risk of dislocation
- The patient is discharged with exercise and advice on pain control

#### The areas that often need addressing are

- Restoring mobility of the thoracic spine
- Regaining mobility of the posterior capsule which is often found to be tight
- Restoring strength in the posterior cuff muscles

#### 3 weeks post surgery

- Patient attends for review at Consultant's outpatient clinic