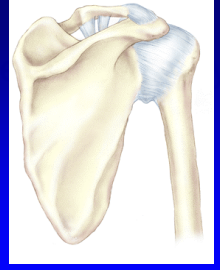


DR. TERRY HAMMOND

SHOULDER SURGEON



MUA OR ARTHROSCOPIC RELEASE OF FROZEN SHOULDER – PHYSIOTHERAPY PRINCIPLES

0-6 Weeks

Ensure adequate pain relief – may need to see me or GP for additional medication

Passive shoulder stretch with patient supine– arm elevated 180 degrees and held for as long as possible, passive external rotation and hold for as long as possible. Reduce these if too painful

Gentle active movements for ADLs, gentle active assisted – no resistance

Gentle (less than 30% strength) isometric rotation exercises

Cardiovascular conditioning

Hand, wrist, elbow exercises

6-12 Weeks

Cardiovascular conditioning

Core strengthening especially transversus abdominis, multifidus

Scapular mobilization / proprioception

Begin gentle resistance exercises (30-50% strength) - work on rotators *not* abductors

12+ Weeks

Cardiovascular conditioning

Core strengthening especially transversus abdominis, multifidus

Scapular mobilization / proprioception

Continue cuff strengthening

GENERAL PRINCIPLES

Immediately after surgery aim is to preserve the range of motion (full range always achieved at surgery). *BUT* shoulder usually loses some range soon after. If patient develops significant capsular tightness cease stretching and work only within comfortable range (this can occur as early as one week post-operatively).

Reduce exercises if they cause prolonged pain