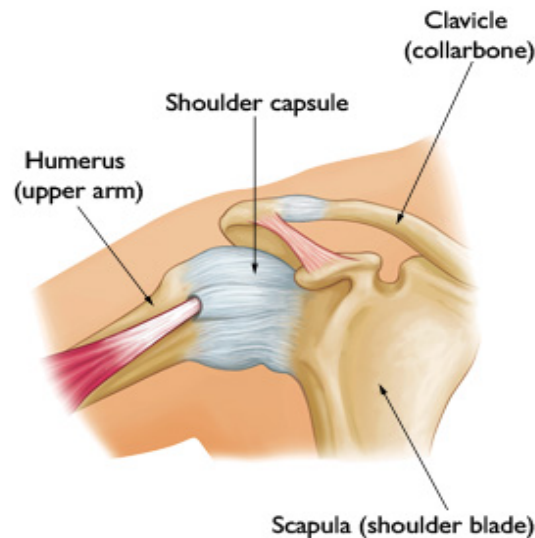


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SURGERY SPECIFIC INFORMATION **Capsular Release and Manipulation**



What does this surgery entail?

A capsular release is an arthroscopic procedure; the entire procedure is conducted through several small incisions. The thickened tissue encasing the shoulder is cut in several places to loosen the capsule, essentially releasing the tight capsule. Then, the manipulation is carried out. It is during this time that the surgeon will manually restore your range of motion as much as possible. Immediate and thorough physical therapy is imperative to the success of this surgery.

How long will I stay in the hospital?

This surgery is done as ambulatory surgery, meaning you will go home the same day of surgery.

What are the possible risks and complications of surgery?

As with any surgery there is a risk of nerve damage and postoperative infection. Specific risks and complications include but aren't limited to persistence of symptoms, post-op stiffness, and recurrence.

When can I drive?

You may not drive while taking pain medication or while wearing a sling.

When will I return to my prior level of function?

Typically, a 3-5 month period of rehabilitation is required for full function to return. Working hard in physical therapy, and strictly following the exercise program may shorten this process.

When can I start to run or return to sports?

Running is not recommended for the first 4-8 weeks after surgery. Running does produce stress on the shoulder joint, and will be detrimental to the healing process. You can ride a recumbent bike a couple weeks after surgery and then progress to Elliptical machine without arm motions. Return to sport will be based on your progress with physical therapy and sport of choice. You can expect to return to full strength in 3-5 months.

What is the recovery period like?

- Brace/Sling
 - Immediately after surgery, you will have a bulky dressing on the shoulder and a small mesh sling. The bulky dressing you will wear for 2 days. The sling you will wear for comfort just for the first few days. You should limit use of sling as it impedes your range of motion.
- Precautions
 - DO NOT BEAR WEIGHT on the surgical arm. DO NOT lift heavy objects.
 - Avoid overhead activities and repetitive daily activities for the first 2-6 weeks.
- Physical Therapy
 - You will **start formal PT the day after surgery**. You will go to physical therapy 5 days a week for the first 2 weeks, and then continue 3 days a week for the first 6-12 weeks.
 - Prior to surgery, you should choose a PT office and schedule these appointments.
 - Take pain medication prior to physical therapy.
 - The therapist will passively move your arm while you keep your muscles relaxed. After six weeks, you will begin active motion in the shoulder, followed by a progressive strengthening program.
 - **Dedication and attendance to your sessions are critical to your recovery.**
 - Prior to starting, and in addition to formal PT, do the following home exercises:
 - Ball Squeeze: perform 4 times daily.
 - Grip a small ball or small rolled up towel and squeeze it with your hand. Hold 3 seconds, relax. Repeat x 10.
 - Wrist range of motion: Repeat x 10. Perform 4 times daily.
 - Circles with your wrist, clockwise (CW) and counter-clockwise (CCW).
 - Start with your hand open, palm up. Turn palm down.
 - Hand Abduction: Repeat x 10. Perform 4 times daily.
 - Start with a fist, then spread fingers out as far as they will go.
 - Pendulums: Perform CW and CCW. Repeat x10. Perform 4 times daily.
 - While standing, bend at the hips so your back is parallel to the floor. Hold on to a table or chair with the uninvolved arm to maintain balance. Rock the body causing the involved arm to gently swing.
 - Elbow range of motion: Repeat x 10. Perform 4 times daily.
 - While sitting up, move your elbow up and down as if you were trying to touch your shoulder; then extend the elbow to touch your pocket. You may use your opposite arm to help control the motion.

INSTRUCTIONS FOR IMMEDIATELY AFTER SURGERY:

- Activity
 - Apply ice to your shoulder but keep the bandages dry
 - Typically patients find it most difficult to sleep lying in their bed immediately after shoulder surgery, and commonly choose to sleep in a recliner for a time or get a wedge for their bed to prop them up. Please note this is for comfort only.
 - Use pillows to maintain comfort.
 - **Follow the precaution guidelines above and begin physical therapy.**
 - Start your home exercise program
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- Bandage and Incision Care
 - o You will have a bulky dressing- leave this dressing on for the first 2 days. You may then remove the dressing. Underneath will be several waterproof bandaids. Keep these bandaids in place. However, if the bandaids become wet, dirty, or start to peel off, then replace with Nexcare waterproof bandaids. Under the bandaids is Dermabond, this is a surgical glue/ tape that is used in conjunction with absorbable sutures to close the incision. Do not touch the Dermabond.
 - o Keep incisions dry and clean.
 - o Do not apply creams, ointments, or lotions to your incisions for at least 3 weeks.
- Showering
 - o You may shower after you have removed the bulky dressing. Although the bandaids are waterproof, you should wrap the shoulder in saran wrap to provide an extra waterproof layer.
 - o **Do not get the incisions wet.** Be careful in the shower, do not use your surgical arm. If you take a bath, do not submerge the shoulder.
- Pain Management and Cold Therapy
 - o See POST-OP PAIN MANAGEMENT handout. After 1-2 weeks, you should only be taking the pain medication at night and after strenuous activity as needed.
- Normal sensations after surgery
 - o Pain
 - o Swelling and warmth up to 2 weeks
 - o Small amounts of bloody drainage for first few days
 - o Numbness around the incision area
 - o Bruising
 - o Low grade temperature less than 101.0 for up to 2 days after surgery.
 - o Small amount of redness to the area where the sutures insert in the skin
- **IF ANY OF THE FOLLOWING OCCUR, CONTACT THE OFFICE IMMEDIATELY**
 - o Change is noted to your incision (i.e. increased redness or drainage)
 - o Temperature greater than 101.0
 - o Fever, chills, nausea, vomiting or diarrhea
 - o Sutures become loose or fall out and incision becomes open
 - o Drainage becomes yellow, puss like or foul smelling
 - o Increased pain unrelieved by medication or measures mentioned above.
- Post-op visit
 - o Please ensure that you have a post-op visit scheduled for 7-14 days after surgery.