

**Mr Mark S. Falworth MBBS FRCS(Eng) FRCS (Orth)**  
**Consultant Orthopaedic Surgeon**  
**Shoulder and Elbow Surgery**

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**Appointments & Queries:**  
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**Physiotherapy protocol:    Arthroscopic Release of Capsule (Frozen Shoulder)**

Weeks 1-6:

- Discontinue sling within 3 days
- ROM goals: Focus on ER aiming for 45° immediately
- Progress full pain-free ROM arc, AA/PROM – no limitations, focus on IR and ER at 90° abduction in supine position.
- Work on FE and ABD with stabilisation of the scapula.
- Heat before, Ice / Cryocuff after PT sessions

Week 4-6:

- Begin Rotator Cuff and Scapular Stabilisation strengthening, begin at 0° and progress to 45° / 90° as tolerated in Pain Free Arc.
- However, do not work on strength until range of motion has been restored to the ROM achieved at the time of the operation.

Months 3-12:

- Begin resisted IR; isometric → light bands → weights
- Advance strengthening as tolerated; 10 reps / 1 set per exercise for rotator cuff, deltoid, and scapular stabilizers
- Increase / Maintain ROM to full range with passive stretching at end ranges
- Begin eccentric motions and closed chain exercises at 12 weeks.

Comments: