



Duke Orthopaedics: Upper Extremity Division

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Frozen Shoulder Release

Phase 1 (0-6 weeks): Maintain ROM

GENERAL PRECAUTIONS AND GUIDELINES

- May remove dressing and shower postop day #3
- Sutures are all underneath the skin and will dissolve on their own
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day
- Sling should be in place for comfort only

EXERCISES

- Exercise program 3x/day
- Immediate elbow, forearm and hand range of motion out of sling
- Pulleys or CPM to be used 3-5x/day
- Pendulum exercises
- Aggressive PROM and capsular mobility in all planes
- Supervised PROM and capsular stretching 3x/week
- May start active scapular mobility exercises immediately
- Initiate AROM when tolerated

Phase 2 (>6 weeks): Restore Function

- Initiate gentle rotator cuff strengthening (Theraband, dumbbells, etc.)
- Continue scapular stabilizer strengthening
- Avoid strengthening in positions of impingement