

Arthroscopic capsular release and manipulation under anaesthesia (MUA) operation

Information for patients

This booklet contains information about the shoulder surgery that you have been advised to have, and aims to answer some of the questions you may have about the operation and your stay in hospital.

About shoulder surgery at Sherwood Forest Hospitals

At our King's Mill Hospital site, there is an elective orthopaedic ward and an elective day case unit (DCU). At our Newark site, there is an elective day case unit/ward (Minster ward). The ward and site of your shoulder or elbow surgery will be discussed with you by your consultant team in the outpatient clinic before your operation.

You will be admitted to one of these wards during your stay in hospital. On each ward a "named nurse" will be allocated to you to co-ordinate your nursing care. You will also have named physiotherapists to supervise your rehabilitation.

You will usually be admitted to the hospital on the day of your operation, and you will usually go home the same day. If you think you will need transport to get home or help when you get home, please tell your named nurse when you first come in.

What to bring

You need to bring in with you any medicines that you are taking, toiletries, a towel, nightwear and some loose and comfortable clothing. Please leave valuables at home.

Operation day

Your anaesthetist will see you on the morning of the operation to discuss your anaesthetic with you.

You will be able to eat and drink as usual the day before your operation. You may be able to have an early morning drink even on the day of your operation but you need to discuss this with the ward team before you have any drink.

You must not smoke after midnight the day before the operation.

Frozen shoulder – what is the problem?

Frozen shoulder is a condition that causes pain and restricted movement of your shoulder joint. It occurs in 2-5% of the general population. A frozen shoulder can last from one to two years.

Generally, it is found to be a self-limiting disorder, which means that it usually gets better by itself, given enough time. However, some people continue to have a stiff, painful shoulder. In these cases, one of the methods of treatment is a manipulation under anaesthetic.

What is an arthroscopic capsular release and MUA?

You will be given an anaesthetic. While you are asleep, the surgeons will look inside your shoulder and surgically release the tight and scarred shoulder capsule. After this, the surgeon will then gently stretch your shoulder joint through its full range of movement, breaking any adhesions that are still tight.

How is it done?

The procedure may be carried out as a keyhole procedure (arthroscopically) using a telescope about 5mm in diameter and instruments of similar size. This will give you 2-4 small scars of about 5-7mm in length on the back, the side and the front of your shoulder. During your operation, we will also examine your shoulder joint.

Arthroscopic



When will the stitches come out?

If you have had stitches, they will be removed at your GP surgery, usually 10 days after your operation. An arthroscopic wound does not usually need stitches.

Will I have to wear a splint or sling?

No; after your capsular release and MUA, the best thing to do is to move your shoulder. A stretch shown below is good to do while you rest as long as it is not too painful.



What will happen?

You will stay on the ward while you recover from your anaesthetic.

How can I sleep?

You **must not** lie on your operated shoulder. We recommend that you lie on your back or the opposite side, as you prefer. Ordinary pillows can be used to give you comfort and support (feather pillows are easier to use than foam ones).



If you are sleeping on your side, having a pillow or two under your head usually gives enough support for most people. A pillow tucked along your back helps to prevent you rolling onto your operated shoulder in the night. A pillow folded in front of your tummy for your hand to rest on allows the shoulder to rest comfortably and helps getting a good night's sleep.



If sleeping on your back, use a pillow under the elbow of your operated arm as shown. Again, important in helping you get a good night's rest.

Rehabilitation

Rehabilitation is important if you are to get the most out of your shoulder after the operation. The first stage is to get your shoulder moving again, with the following exercises.

You should be trying to move your shoulder as far as the surgeons could get it while you were asleep. However, we do not expect you to get full range of movement on the first day – you can do too much.

Do not start any exercises until a physiotherapist has showed you or advised you.

Exercises

Please scan the QR code beside each instruction/exercise to view a video demonstration.

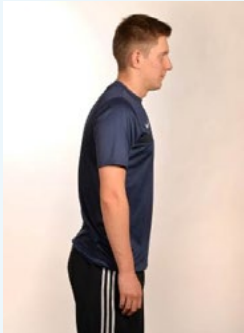
Try to do five to ten repetitions of each exercise twice a day.

You should do your exercises in this order at home, until your follow-up physiotherapy appointment. They can then be altered or increased under the guidance of your physiotherapist.



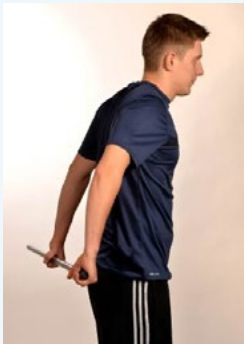
Leaning forwards from your hips, circle your arms from your shoulder in gentle, pendulum type movements. Keep your palms facing forwards as you go clockwise and anti-clockwise.

<https://youtu.be/N9QsbsJJTos?feature=shared>



Shrug your shoulders up and backwards in a smooth, circular motion.

www.youtube.com/watch?app=desktop&v=uu9R1m1a7nl



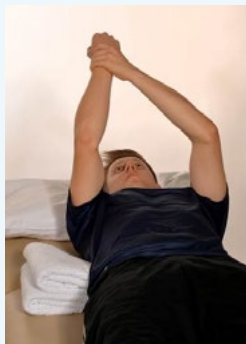
Stand tall grasping a stick with both hands behind your back. Roll your shoulders back and down. Now use the stick to help take your operated arm up and out behind you.

www.youtube.com/watch?app=desktop&v=95aqC8MdL00



Lie on your back with your elbows on folded towels so that they are level with your shoulders. Bend your elbows to at least 90 degrees, and use a stick to turn your operated arm out to the side. Keep your elbows tucked in.

www.youtube.com/watch?app=desktop&v=stT8sD0HUhM



From lying on your back with your elbows supported as before, use your unoperated arm to lift the other up towards your head. Try to get your hands on top of your head if you can.

www.youtube.com/watch?app=desktop&v=GkhahPUKb2Q



Stand facing a kitchen worktop, windowsill or other stable surface. Lean forward and rest your elbows upon the surface – you may use a pad for comfort. Try and hold your hands together as you slowly walk backwards, leaning on your elbows until the shoulder is stretched. Walk forwards again to ease off.

www.youtube.com/watch?app=desktop&v=qffSUS7NBw

When can I go home?

- When you have recovered from your anaesthetic
- When your pain is controlled
- When you have seen the physiotherapy team.

Is that the end of my treatment?

A physiotherapy appointment for ongoing treatment will be made for you at your local physiotherapy department (usually two after your operation).

You will also go to the follow-up clinic at the King's Mill or Newark Hospital. This is run by the advanced practice physiotherapist and/or nurse specialist. They will see you six weeks after your operation. They can arrange a quick appointment with your surgical team if necessary.

At six months, you will have your final clinic check-up, and the physiotherapist or nurse specialist will discharge you unless your surgeon's opinion is needed.

What will I do as an outpatient?

You will continue with your exercises with the help of a physiotherapist. You will be given more exercises if you need them.

When can I do my normal activities?

We would encourage you to try and use your shoulder as normally as possible, as soon as you can. This will help to keep it loose and pain free.

If you are at all worried about your shoulder you should contact the hospital's shoulder and elbow team.

Useful contact numbers

King's Mill Hospital

Telephone: 01623 622515

Mr Kurian's secretary

Mr Bidwai's secretary

Mr Mitra's secretary

Nurse surgical care practitioner

Advance practice physiotherapist

King's Mill Day Case Unit

King's Mill orthopaedic ward

Newark Hospital Day Case Unit
(Minster ward)

King's Mill physiotherapy department

Newark Hospital physiotherapy
department

Newark Hospital

Telephone: 01636 681681

Extension number

4117 (Monday to Friday, 8am-5pm)

4175 (Monday to Friday, 8am-5pm)

6318 (Monday to Friday, 8am-5pm)

4104 (Monday to Friday, 8am-5pm)

6148 (Monday to Friday, 8am-5pm)

3048 (Monday to Sunday, 24 hours)

2414 (Monday to Sunday, 24 hours)

5850 (Monday to Friday, 8am-5pm)

3221 (Monday to Friday, 8am-5pm)

5885 (Monday to Friday, 8am-5pm)

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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