



## **FREQUENTLY ASKED QUESTIONS: CAPSULAR RELEASE**

### **How should I manage my surgical site, dressing and steri-strips?**

- Change your dressing every other day as needed.
- Allow the steri-strips to fall off on their own. If necessary, sutures will be removed at the first post-operative visit with your surgeon's office.
- You may shower with a watertight bandage in two days, but keep the incision dry until the sutures are removed in seven to ten days. Try not to let the direct spray of water from the showerhead hit the incision.

### **Do I need to wear a sling? If so, how long do I wear it and when can I take it off during the day?**

- You do not need to wear a sling. The goal of your surgery was to restore your motion. The sling is not a good idea for this surgery.

### **What are my precautions regarding movements and positions after surgery? What positions should I rest my arm in? What positions should I avoid?**

- Your precautions are really guided by your pain tolerance. It is normal to be uncomfortable for several weeks following your surgery. You should use your arm as naturally as possible (except for lifting or pulling anything with weight) within your limits of comfort.



## **May I use my involved arm for dressing, bathing, driving, and other daily activities? How should I manage my arm in the shower?**

- You may and should use your arm for bathing, feeding, dressing, and light daily activities.
- You may drive when you are comfortable enough to do so safely.
- Other activities are to be done within your limits of pain. If your arm says, “don’t do it”, then don’t.
  
- Do not push open heavy doors or lift anything heavier than a cup of coffee for six weeks.

## **Are there any exercises I should be doing prior to starting physical therapy?**

- You will be instructed in a home program of stretches to be completed daily by a therapist or physician before you are discharged from the hospital. Your therapy exercises should not be hurtful or forceful, you should feel a stretch.
- Make sure you keep good posture at all times.

## **When should I begin physical therapy in the clinic? How often do I need to go?**

- Physical therapy should be done with a physical therapist three to five times the first week following your surgery; therefore, it is best to schedule your first week of physical therapy appointments before your surgery.



## When may I start strengthening?

- Usually, strengthening exercises are not comfortable for the first six to eight weeks. The focus of your effort should be movement and function. As your joint recovers from the surgery, your therapist or surgeon will guide you on how to safely begin strengthening.

## When may I return to sports and recreational activities?

- Return to sports and recreational activities are specific to the particular activity, but generally no sooner than three to four months.
- Always seek permission from your surgeon prior to starting any sport related activity.

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