

Frozen Shoulder Release Surgery

Frozen shoulder can cause severe pain and stiffness, making it difficult to move your arm or carry out everyday activities. If physiotherapy and other treatments haven't helped, **frozen shoulder release surgery** may provide long-lasting relief and restore your movement.

What Is Frozen Shoulder?

Frozen shoulder (also called **adhesive capsulitis**) is a condition where the capsule around the shoulder joint becomes thickened and tight. This leads to:

- Severe stiffness
- Ongoing shoulder pain
- Limited range of motion

It often develops gradually and can last for months or even years. It may follow a shoulder injury, surgery, or develop without a clear cause. It's more common in people aged 40-60 and in those with diabetes or thyroid conditions.

What Is Frozen Shoulder Release Surgery?

Frozen shoulder release surgery is a procedure to **free up the stiff shoulder joint** and reduce pain. It's usually done using keyhole (arthroscopic) surgery and involves:

- **Capsular release** - cutting the tight capsule that's restricting movement
- **Manipulation under anaesthetic (MUA)** - gently moving the shoulder while you're asleep to break down any adhesions

The goal is to improve your range of motion and speed up your recovery, especially if other treatments have not worked.

Who Is It For?

Surgery may be recommended if:

- You have a severely stiff shoulder that hasn't improved after several months
- Physiotherapy, pain relief or steroid injections have not helped
- Frozen shoulder is significantly affecting your daily life or sleep
- You want to speed up recovery and return to normal activities sooner

What Does The Surgery Involve?

Frozen shoulder release is usually performed as a **day case** under general anaesthetic. The procedure typically takes 30-60 minutes.

- A small camera and instruments are inserted through tiny incisions around the shoulder.
- The surgeon releases the tight capsule and any scar tissue inside the joint.
- The shoulder is then gently moved to regain mobility

You'll be monitored after surgery and start physiotherapy straight away to maintain the improved movement.

Recovery And Aftercare

- You'll go home the same day with your arm in a sling for comfort.
- Physiotherapy begins immediately and is key to your recovery.
- Most people notice improved shoulder movement within a few weeks.

Typical recovery times:

- Light activities: after 1-2 weeks
- Driving: after 2-4 weeks
- Full recovery: 3-6 months depending on stiffness and physiotherapy progress

Benefits Of Surgery

- Relieves shoulder pain and stiffness
- Restores range of motion
- Improves sleep and daily function
- Speeds up recovery when other treatments haven't worked

Risks And Complications

All surgery carries some risks. With frozen shoulder release, these include:

- Infection or bleeding

- Nerve injury (rare)
- Incomplete release or persistent stiffness
- Recurrence of frozen shoulder
- Pain if physiotherapy is not followed

Your surgeon will explain these risks and how to minimise them.

Why Choose Midlands Orthopaedic Clinic?

Our specialist orthopaedic surgeons are highly experienced in treating frozen shoulder using keyhole techniques. We'll guide you through diagnosis, surgery, and rehabilitation with a personalised approach that gets results.

Get In Touch

If you're struggling with a painful, stiff shoulder that just won't improve, we're here to help.

Contact Midlands Orthopaedic Clinic today to book a consultation and find out if frozen shoulder release surgery is the right next step for you.