



Shoulder Hydrodilatation

Information on procedure and Physiotherapy follow-up within Whittington Health MSK Service

Introduction

You have been referred for a hydrodilatation, a procedure that is designed to treat stiff or frozen shoulders.

Physiotherapy review after a hydrodilatation procedure is important to maximise potential treatment outcomes.

How will I be followed up?

It is important that this procedure is followed closely by physiotherapy to maximise your potential outcome.

If you are already receiving physiotherapy within Whittington Trust you should inform your therapist of your procedure date.

You should contact the physiotherapy department on the number provided as soon as you have received the date of your hydrodilatation procedure from radiology.

We will aim to book you into a physiotherapy appointment as soon as possible after your hydrodilatation procedure.

Appointment details

We will aim for your first physiotherapy appointment to be carried out in a face-to-face setting, at our 'Drop-in Service' at the Whittington Hospital site. This will allow us to assess your movement, then design and implement a suitable treatment program.

(Ongoing physiotherapy may be arranged at one of our alternative sites depending on what is local to you, and clinician availability).

Please Remember!

It is your responsibility as the patient to notify the physiotherapy department once you have been given a date for your hydrodilatation procedure. This is so we can facilitate best continuity of care, many thanks.



Exercises

These should be commenced gently prior to your physio appointment. The sooner you start to move your arm, the better the chance of regaining your movement. These should be done within a comfortable range. Your physiotherapist will offer further guidance in your appointment.

1 PROM external rotation

Sets: 2 Reps: 5 Freq: 3-5 per day Hold: 20-30 seconds

Sit with your affected forearm supported on a table. Keep your elbow by your side and use your good arm to push the stick and externally rotate your affected arm away from your body.



2 Table slide flexion

Sets: 2 Reps: 5 Freq: 3-5 per day Hold: 20-30 seconds

Start sitting or standing with the arm/hand supported on the counter top or table.

Slowly slide your arm in front until you feel a stretch. Use a towel or similar to reduce friction.



3 Shoulder flexion AAROM

Sets: 3 Reps: 10-15 Freq: 3-5 per day Hold: 10-15seconds after every 5 repetitions

A Gym Ball can be really helpful in supporting your arm while you move it.

Position a ball on a plinth or low table.

Place both hands on the ball shoulder width apart.

Push the ball forward as far as you can go while maintaining a good standing posture.

Then complete the push forward with arm angle about 30 degrees away from your body.



Location

Physiotherapy Department
The Old Nurses' Building
Whittington Hospital
Magdala Avenue
(Highgate Hill Entrance)
London
N19 5NF

Contact number: 020 7288 5176

What to do if you do not hear from us:

If you do not receive a call from us within two weeks following your procedure, please call us on **020 7288 5176** to let us know and we will book the appointment for you as soon as possible.

Attendance policy

Once you have confirmed your appointment with us, you are expected to attend. If you are unable to attend, please call our physiotherapy service reception at least 24 hours in advance. If you miss an appointment and we do not hear from you within two weeks, we will discharge you from our service.

COVID-19:

Please **do not** attend a face-to-face appointment if you experience any of the following:

- High temperature
- New, continuous cough
- Loss or change to your sense of smell or taste
- Waiting for a coronavirus test result
- Have recently tested positive for coronavirus
- Live with someone who has symptoms, is waiting for a test result or has tested positive
- Told by the NHS Test and Trace to self-isolate

Please call us on **020 7288 5176** to let us know if you cannot attend for these reasons.

For up-to-date information on this, please visit our website: www.whittington.nhs.uk/msk



Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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