

Hydrodilatation for Frozen Shoulder at University Hospitals Dorset

This booklet gives you information about having a **hydrodilatation** for a **frozen shoulder**.

This booklet will help answer your questions and what to expect after it. Please bring it with you when you come to the hospital. You may find it helpful during your visits.

This booklet is a general guide.
Your doctor or therapist may make changes to your care which you can discuss with them.

Our team will do their best to give you safe, high-quality care. We look forward to seeing you.

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IMPORTANT NOTICE

Once you are given a procedure date for your hydrodilatation, you will need to call your nearest physiotherapy department to book an appointment. Full instructions can be found on page 7 of this booklet.

This guide belongs to:

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Your orthopaedic consultant is:

.....

Appointment Dates:

Surgery:

Follow up:

Other:

Pre-operative range of movement
(staff use only)

	Flexion	Abduction	External rotation	Internal rotation
Pre op				
Post op				

We encourage your questions and enquiries;
please write them here to ask at your next meeting

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What is this procedure for?

This treatment is for people who have a **frozen shoulder**. A frozen shoulder is when your shoulder becomes stiff, painful, and difficult to move

This happens when the lining of your shoulder joint (called the **capsule**) gets tight and swollen.

If exercises and physiotherapy have not helped, your doctor may suggest a **hydrodilatation**.

This procedure can:

- Help your shoulder move more
- Reduce your pain
- Help you get back to normal activities

What happens during the procedure?

Hydrodilatation is an injection into your shoulder joint.

It stretches the tight capsule using:

- **Sterile salt water (Saline)**
- **Numbing medication (local anaesthetic)**

Sometimes, your doctor may add **steroids** to reduce pain and swelling. Your doctor will talk to you about the pros and cons.

Who does the procedure?

Your procedure will take place at either the Royal Bournemouth Hospital or Poole General Hospital. A speciality doctor called a **radiologist** does the injection.

It takes place in the **X-ray department**. The doctor uses either:

- **X-ray**, or
- **Ultrasound** (a scan using sound waves)

This helps them place the needle in the right spot.

What will it feel like?

- You'll feel a sharp scratch when your skin is numbed.
- After that, you may feel some pressure but not pain.
- Some people feel like there is water in the joint.
- These feelings should go away after a few hours.

What should I do before the procedure?

- Take your usual **pain medicine 1 hour before** the appointment.
- Tell the doctor or nurse if you have **any allergies**.

Are there any risks?

Every medical procedure has some risks. Your doctor will explain these to you.

Here are the possible risks:

Common (1 in 10 people or more)

- **Bleeding** - tell us if you take blood-thinning medicines like: Warfarin, Apixaban, Rivaroxaban, Dabigatran, Tinzaparin, Enoxaparin, and Dalteparin.

Uncommon (1 in 100 to 1,000 people)

- **Infection** - rare, but if your shoulder gets red, swollen, hot or very sore, or if you feel feverish or unwell, go to A&E. You may need antibiotics.

Rare (1 in 1,000 to 10,000 people)

- **Allergic reaction** - some people are allergic to the dye used in the scan.

COVID-19 risk

Steroid injections may affect your immune system. We will check your risk and talk to you about this.

How well does it work?

- More than 70% of people have better shoulder movement
- More than 90% feel less pain

Some people feel better straight away. For others, it takes a few weeks. You must do exercises afterwards to get the full benefit.

After the procedure

- You may feel some discomfort for about 30 minutes
- You may get bruising
- Your shoulder may feel numb for a few hours
- You will stay in the department for 15–30 minutes before going home
- Most people feel fine after 24 hours

You can usually go back to work the next day

Do not drive or use heavy machinery for the rest of the day.
Please bring someone to drive you home.

Physiotherapy and Exercises

After the procedure, you must do exercises to help your shoulder heal. Start them as soon as possible.

You should complete all the following exercises every two hours during the day until you attend your outpatient physiotherapy appointment. These exercises may be uncomfortable, if may help to take your pain relief before doing them. .

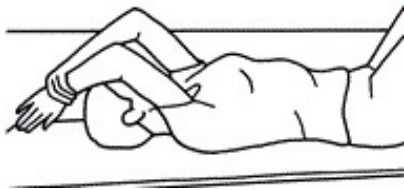
Exercises to do at home

Exercise 1: Pendulum

Lean forward. Rest your good arm on a table.
Let your sore arm hang.
Swing your arm forwards and backwards 10 times,
side to side 10 times and in a circle 10 times.
This can be repeated more if comfortable.
Gradually increase the size of the swing/circle.



Exercise 2: Assisted Flexion



Lie on your back.
Use your good arm to lift your sore arm above your head.
Hold for 5 seconds.
Repeat 5 times.



Exercise 3: Assisted Abduction

Stand and hold a long stick (broom, golf club, etc.).
Use your good arm to push your sore arm out to the side.
Repeat 10 times.



Exercise 4: Capsule Stretch (1)

Sit or lie on your back.
Put your hands behind your head.
Gently stretch your elbows back.
Hold for 30 seconds.
Repeat 3 times.



Exercise 5: Capsule Stretch (2)

Sit or stand.

Move your sore arm across your chest towards the other shoulder.
Help it with your good arm.

Hold for 30 seconds.

Repeat 3 times.

Exercise 6: Capsule Stretch (3)

Stand up.

Try to reach your sore arm behind your back.

Use your good arm to help.

Hold for 30 seconds.

Repeat 3 times.



What happens when I go home?

Physiotherapy

Once you are given a procedure date for your hydrodilatation, you will need to call your nearest physiotherapy department to book an appointment. This ensures you are given an appointment after your procedure date.

Please contact one of the following numbers to organise your physiotherapy appointment:

Christchurch Hospital: 0300 019 4418

Poole Hospital: 0300 019 2121

Clinic review

After your procedure you will be reviewed by a member of the surgical team.
You will receive an appointment to review your progress.

Contacts

If you need to change or cancel your appointment, please contact us immediately.
We can then offer this appointment to another patient.

Useful Contacts

Royal Bournemouth Switchboard: **01202 303626**

Poole General Hospital Switchboard: **01202 665511**

Orthopaedic inpatient physiotherapy: **0300 019 6223**

Radiology Bournemouth Hospital: **0300 019 428**

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