



Hydrodilatation and contracture release

What to expect?

Sling	When can I go home?	What can I do?	What can't I do?
No sling required. Please do not wear a sling.	The same day as the procedure	Gentle movements as tolerated	No forced movements.

Plan for review appointments?

If something feels wrong	2-3 days	6 weeks	12 months
Call the office in business hours; GP/local emergency department if after hours	Phone call from our nurse. Start physiotherapy with goal of working on range of motion	Review how you're progressing	Questionnaires via app if any ongoing issues review appointment

Notes to Physiotherapist

No immobilisation

Range of motion as tolerated, without any restrictions

Exercises can commence after 2-3 days from procedure, however progress slowly if flare up of pain

Returning to occupational and recreational activities?

Driving - 2 days
 Light work – 1 week
 Heavy work – 2 weeks
 Run/Road bike – 2 week
 Gym – 2 weeks
 Swim – 2 days
 Tennis – 2 weeks
 Contact sports – 2 weeks

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