

Shoulder manipulation under anaesthetic (MUA) and shoulder joint injection

Community Musculoskeletal (MSK)
Assessment and Physiotherapy
Service (CMAPS)

Patient Information Leaflet

Introduction

What is a manipulation?

To manipulate means to move by hand. Joints can be manipulated to restore movement to the joint. A manipulation under anaesthetic means you are asleep, so that the shoulder joint can be moved to restore your movement. A steroid injection is given to relieve pain.

Pre-operative assessment

You will be seen in the Pre-assessment Unit at Russells Hall Hospital prior to your admission to make sure you are fit for surgery. You may require the following tests:

- Blood tests.
- An electrocardiogram (ECG) or heart trace test. This is a routine test and is nothing to be alarmed about.
- Your blood pressure, pulse and weight will also be recorded.
- An X-ray may be necessary if it was not arranged by your GP or advanced practitioner.
- A methicillin-resistant Staphylococcus aureus (MRSA) swab.
- A COVID-19 swab prior to the procedure date (full details of the current management of the COVID-19 situation will be provided to you at the time).

What to do if you become ill prior to admission

Following your assessment, please contact the unit if you develop any of the following:

- A cold.
- A chesty or new persistent cough.
- A throat infection.
- A high temperature.
- A loss of sense of smell and/or taste.
- Skin problems, for example abrasion/lacerations, infections or rashes, especially to the area that is to be operated on.

Phone: 01384 456111 ext. 2842 (pre-admission clinic)

What to bring into hospital

Please bring a dressing gown and slippers with you.

What you will not need

Please do not wear any make-up or nail varnish (including toenails). All jewellery must be removed prior to surgery, and we advise that you leave all jewellery at home. Wedding rings can be worn, unless the procedure is to the left shoulder.

Theatre preparation

On admission, your named nurse will check your blood pressure, temperature and pulse. The nurse will ask you some theatre checklist questions which will be rechecked several times prior to your procedure. During this time, you will be informed of the approximate time of theatre and will be asked to undress and put on a theatre gown, paper pants and a cap.

Theatre

A nurse will escort you to theatre. On entering, the theatre representative will again check your personal details with you and will accompany you to the anaesthetic room.

After your operation

- Your blood pressure, pulse and temperature will be taken.
- Your nurse will ask you to move your fingers, feel for sensation and check that your hand feels warm.
- You will be asked if you have any pain – pain relief will be given.
- After the procedure, you will be able to sit up in bed and will be offered something to eat and drink.
- Once you are comfortable, you will be allowed out of bed independently.
- You must ensure that you arrange for an adult to escort you home – **you will not be able to drive yourself.**
- You will need an adult carer to stay with you for 24 hours.

- The nurse discharging you will provide you with a letter for your general practitioner (GP), a sick note for work (should you require one) and any medications required.
- You do **not** need to be seen by a physiotherapist on the day of your procedure.
- Start your shoulder exercises on the day of your procedure following the advice given to you by your community MSK assessment and physiotherapy service (CMAPS) advanced practitioner.
- You will have your review appointment with an advanced practitioner from CMAPS within a week of the procedure. If you do not have an appointment booked by the day of your procedure, please call 01384 321605 to book a post-operative review appointment.
- You will **not** need a post-operative follow up with the hospital consultant. If a consultant review is required following your rehabilitation, this will be arranged by your CMAPS advanced practitioner.

Risks of the procedure

With any minor procedure, there is an element of risk. The main complications are as follows:

- General anaesthetic – it is possible for you to have complications such as nausea or vomiting following a general anaesthetic.
- Swelling of your joint – oedema.

Very rarely:

- A fracture.
- Infection of the injection site.
- Bleeding at the injection site.

Most people improve following a shoulder MUA procedure, however you may have some residual pain and movement restriction. This will be monitored by your advanced practitioner.

When may I return to work?

It does depend on your job. It is advisable that you do not return to work until the initial discomfort has settled. At home, you must stay active. Do not stay in bed and, better still, walk around if you feel up to it. Do not drive for a couple of days.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

CMAPS

Brierley Hill Health and Social Care Centre

01384 321605

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/physiotherapy-community/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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