1) Department of Orthopaedic Surgery, Faculty of Medicine, Fukuoka University
2) Department of Orthopaedic Surgery, Chikushi Hospital, Fukuoka University
3) Department of Rehabilitation Medicine, Fukuoka University Hospital
4) Department of Emergency and Critical Care Medicine, Faculty of Medicine, Fukuoka University
Surgical procedure

**Step 1 anterior and superior capsular release**

In this procedure, the surgeon makes an incision in the capsular tissue anterior and superior to the joint capsule. This incision is typically made using a surgical blade or scissors. The incision is made in a manner that allows the surgeon to access the joint capsule without damaging the surrounding tissues. The incision is then extended to create a larger opening in the capsular tissue, which allows the joint to move more freely. This procedure is often used to treat joint stiffness or limited range of motion.

**Step 2 inferior capsular release**

In this procedure, the surgeon makes an incision in the capsular tissue inferior to the joint capsule. This incision is typically made using a surgical blade or scissors. The incision is made in a manner that allows the surgeon to access the joint capsule without damaging the surrounding tissues. The incision is then extended to create a larger opening in the capsular tissue, which allows the joint to move more freely. This procedure is often used to treat joint stiffness or limited range of motion.
Step 3 posterior capsular release

Postoperative rehabilitation

Clinical evaluations

Statistical analysis

- Statistical analysis