Patient-determined (n = 31) scores for shoulder pain when at rest (Fig. E-1A) and when trying to sleep (Fig. E-1B). Data are presented as the mean (and the standard error of the mean). Comparisons between groups were made with use of Mann-Whitney rank-sum tests. ***p < 0.001. –1 = clinic visit before surgery.
Patient-determined scores (n = 31) for shoulder stiffness severity (Fig. E-2A), difficulty with overhead activities (Fig. E-2B), difficulty reaching behind back (Fig. E-2C), level of activity at work (Fig. E-2D), and highest level of sport played before and after capsular release surgery with specific interest at the long-term follow-up (mean, 364 weeks) (Fig. E-2E). Data are presented as the mean (and the standard error of the mean). Comparisons between groups were made with use of Mann-Whitney rank-sum tests. ***p < 0.001, **p = 0.01, and *p ≤ 0.05. NS = not significant. –1 = clinic visit before surgery.
**Fig. E-2C**

Difficulty Reaching Behind Back

- none
- mild
- moderate
- severe
- very severe

Weeks after Capsular Release

**Fig. E-2D**

Level of Activity at Work

- none
- light
- moderate

Weeks after Capsular Release

NS
Examiner-determined shoulder abduction. Data are presented as the mean (and the standard error of the mean). Comparisons between groups were made with use of Mann-Whitney rank-sum tests. ***p < 0.001. NS = not significant. -1 = clinic visit before surgery.