

Post-operative Rehabilitation Protocol

Shoulder Arthroscopic Capsular Release

General Guidelines	<ul style="list-style-type: none"> - You should plan to begin PT 1-2 days after surgery → The first couple of weeks are very important to maintain the motion gained during surgery - Contact therapist or physician for questions or concerns 		
	Range of Motion	Immobilizer	Exercises
Therapy Phase 1 <i>Weeks 0 - 2</i>	Aggressive PROM and capsular mobility in all planes → 3-4x/wk supervised PT	Sling for comfort only until block wears off	Aggressive stretching. Try to minimize lifting with operative arm <i>Ice:</i> 20 minutes on, 20 minutes off every hour
Therapy Phase 2 <i>Weeks 2 - 6</i>	Initiate Active ROM as tolerated	Discontinue sling when comfortable	<i>Exercises:</i> Progress scapular stabilizers (protraction, retraction) <i>Modalities:</i> Per therapist – E-stim, Pain-reducing modalities
Therapy Phase 3 <i>Weeks 6+</i>	Full Active ROM	None	<i>Exercises:</i> Continue phase 2. May begin gentle rotator cuff strengthening, though avoid positions of impingement