



## **Post-Operative Rehabilitation for Arthroscopic Capsular Release**

### **Phase I: Weeks 0-4**

- Sling
  - 0-2 Weeks: for comfort only
  - 2-4 Weeks: Discontinue use
- ROM
  - Passive and Active range to tolerance
- Exercises:
  - 0-2 Weeks: Begin formal PT, aggressive PROM and capsular stretching. Closed chain scapular exercises
  - 2-4 Weeks: Continue capsular stretching, PROM joint mobilizations. Begin deltoid/rotator cuff isometrics, Scapular protraction/retraction exercises.
  - Cryotherapy, modalities as indicated

### **Phase II: Weeks 4-8**

- ROM
  - Increase as tolerated to Full
- Exercises:
  - Advance isometrics
  - Advance to include Thera band/dumbbells with exercises as tolerated
  - Continue PROM and capsular stretching.
  - *At 8 weeks:* Add active assisted exercises, deltoid/ rotator cuff isometrics

### **Phase III: Weeks 8-16**

- ROM
  - Full and Pain free
- Exercises:
  - Advance strength as tolerated
  - Begin eccentrically resisted exercises and closed chain activities
  - Advance to sport and full activity as tolerated after 12 weeks.