



Arthroscopic Capsular Release

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
Phase I Weeks 0-4 PT 2-3x/week HEP daily	Full ROM as tolerated	Passive to active ROM as tolerated	0-2 weeks: Worn for comfort only 2-4 weeks: Discontinue	0-2 weeks: Aggressive PROM and capsular stretching, closed chain scapula 2-4 weeks: Continue capsular stretching and PROM; joint mobilization to max tolerance Deltoid, cuff isometrics, begin scapular protraction/retraction
Phase II Weeks 4-8 PT 2-3x/week HEP daily		Increase as tolerated to full	None	Advance isometrics, rotator cuff, & deltoid Advance to therabands, dumbbells as tolerated Continue capsular stretching and PROM
Phase III Weeks 8-16 PT 2-3x/week HEP daily		Progress to full motion without discomfort	None	Advance strengthening as tolerated; Begin eccentrically resisted motions and closed chain activities Advance to sport and full activity as tolerated after 12 weeks