

ARTHROSCOPIC CAPSULAR RELEASE REHABILITATION PROTOCOL

PHASE I: 0–4 Weeks

RANGE OF MOTION

- Passive to active range as tolerated

SLING

- 0–2 weeks: Worn for comfort only
- 2–4 weeks: Discontinue

EXERCISES

- 0–2 weeks: Initiate outpatient PT per physician prescription (usually starting the day after surgery with 5 days of motion work in a row then 2 times per week)
 - Aggressive PROM and capsular stretching*
 - Closed-chain scapular exercises
- 2–4 weeks: Continue capsular stretching
 - PROM, joint mobilization to maximum tolerance**
 - Deltoid and rotator cuff isometrics
 - Begin scapular protraction/retraction

PHASE II: 4–8 Weeks

RANGE OF MOTION

- Increase as tolerated to full

SLING

- None

EXERCISES

- Advance isometrics for rotator cuff and deltoid*
- Progress to therabands and dumbbells as tolerated**
- Continue capsular stretching and PROM

PHASE III: 8–16 Weeks

RANGE OF MOTION

- Progress to full motion without discomfort

SLING

- None

EXERCISES

- Advance strengthening as tolerated
- Begin eccentrically resisted motions and closed-chain activities
- Advance to sport and full activity as tolerated after 12 weeks

SPECIAL INSTRUCTIONS

- If distal clavicle excision performed: restrict horizontal adduction for 8 weeks post-op
 - If biceps tenodesis performed: avoid active biceps flexion and eccentric biceps loading for 8 weeks post-op
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