



## Arthroscopic Capsular release Rehabilitation Protocol

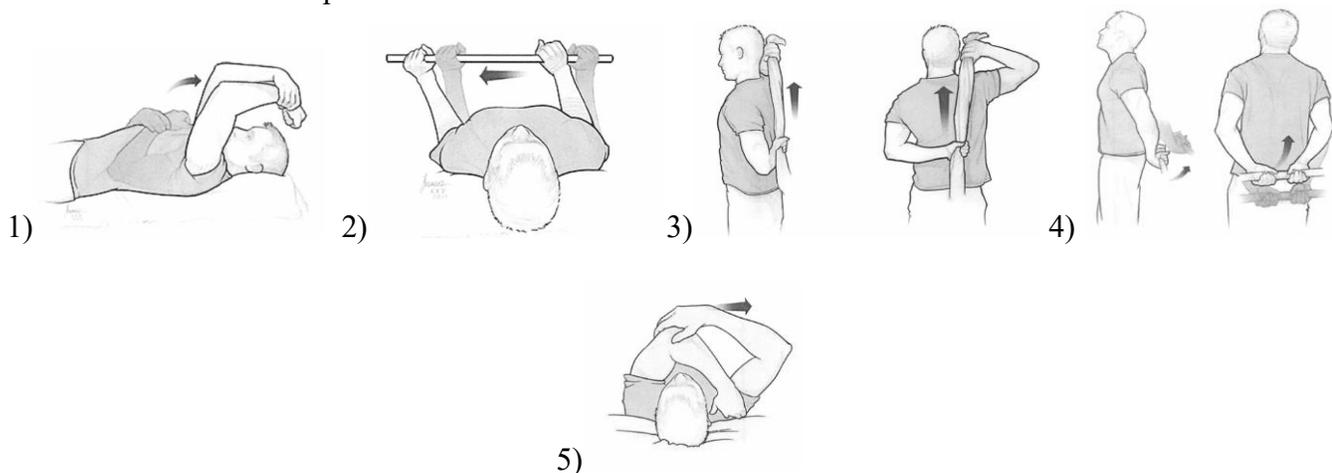
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### **Phase I: (0 to 2 weeks after surgery)**

#### Goals: Initiate Motion

1. Patients may remove dressing and shower 5 days after surgery. You may get the incision wet.
2. Sutures will be removed in clinic at your 1<sup>st</sup> follow up visit. These should be left in place.
3. Ice is recommended to reduce swelling and help with pain. You should continue this for the first week at a minimum. Apply the ice to the surgical site 3-4 times per day once the nerve block has worn off.
4. You may wear your sling when in a crowd, but stop wearing it once comfortable without it .
  - a. Initiate the following exercise program 3 times per day by the 1<sup>st</sup> postoperative day:
    - i. Immediate elbow, forearm, wrist, and hand range of motion out of sling . You may perform nonresistance, non-weight bearing use of the hand for activities such as typing on a computer or using a tablet computer.
    - ii. Start very gentle pendulum exercises.
    - iii. Begin active and active assisted: 1) forward elevation, 2) external rotation, 3) internal rotation, 4) extension and 5) cross body adduction. (see corresponding number for depiction of exercise.



### **Phase II: (2 to 6 weeks after surgery)**

#### Goals: Progress ROM & Strength

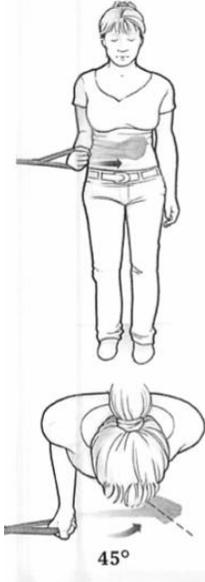
1. Continue Range of motion exercises
2. No lifting weights of more than 10-15 on your operative arm
3. Advance active and passive ROM in all planes to tolerance.
  - a. ER at the side and flexion to tolerance
  - b. Scapular plane elevation to 180



c. IR and extension to tolerance

4. Initiate gentle rotator cuff strengthening (see below)

1. Internal Rotation



2. External Rotation



3. Extension Row



4. Forward Elevation



5. Abduction



**Phase III: (6 to 8 weeks after surgery)**

**Goals: Return to Full Function**

1. Stop all lifting restrictions.
2. Progress on your rotator cuff and scapular stabilizer strengthening.
3. Initiate functional progression to activities.