

ARTHROSCOPIC CAPSULAR RELEASE

REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
PHASE I 0-4 weeks	Passive to active ROM as tolerated	0-2 weeks: Worn for comfort only, discontinue when comfortable	0-2 weeks: Initiate outpatient PT according to Rx- 4-5x/week Aggressive PROM and capsular stretching; closed chain scapula 2-4 weeks: Continue PT 3-4x/wk, continue capsular stretching: PROM, joint mobilization to max tolerance Deltoid, cuff isometrics, begin scapular protraction/retraction
PHASE II 4-8 weeks	Increase to full as tolerated	None	Advance isometrics, rotator cuff and deltoid Advance to therabands, dumbbells as tolerated Continue capsular stretching and PROM
PHASE III 8-12 weeks	Progress to full without discomfort	None	Advance strength training as tolerated Begin eccentrically resisted motions and closed chain activities Advance to sport and full activity as tolerated after 12 weeks

*If a distal clavicle excision is performed, cross body adduction is restricted until 8 weeks post-op

*If a biceps tenodesis is performed, avoid active flexion of elbow or eccentric load on biceps for 6 weeks post-op

**Patient protocols may vary. Please follow patient-specific script if modified