

**NEIL GHODADRA, M.D.**

**ARTHROSCOPIC CAPSULAR RELEASE  
REHABILITATION PROTOCOL**

	<b>RANGE OF MOTION</b>	<b>SLING</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-4 weeks	Passive to active range as tolerated	<b>0-2 weeks:</b> Worn for comfort only <b>2-4 weeks:</b> Discontinue	<b>0-2 weeks:</b> Initiate outpatient PT according to Rx Aggressive PROM and capsular stretching*; closed chain scapula <b>2-4 weeks:</b> Continue capsular stretching: PROM, joint mobilization to max tolerance** Deltoid, cuff isometrics, begin scapular protraction/retraction
<b>PHASE II</b> 4-8 weeks	Increase as tolerated to full	None	Advance isometrics, rotator cuff and deltoid* Advance to therabands, dumbbells as tolerated** Continue capsular stretching and PROM
<b>PHASE III</b> 8-16 weeks	Progress to full motion without discomfort	None	Advance strengthening as tolerated begin eccentrically resisted motions and closed chain activities Advance to sport and fully activity as tolerated after 12 weeks

\*If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op

\*\*If a biceps tenodesis is performed, avoid active flexion of biceps and eccentric loads on biceps for 6 weeks post-op