

Arthroscopic Capsular Release Rehabilitation Protocol

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PT Frequency: 3-5 times per week

ROM Restrictions: No restrictions

Phase 1: Weeks 0-6

- **Sling:** Only for comfort, discontinue as soon as possible
- **Ice:** Use ice machine/system at minimum 3-4 times/day for the first week
- **Range of Motion:**
 - Pulleys or continuous passive motion machine 3-5 times/day
 - Pendulums
 - Elbow, forearm, and hand ROM unrestricted
 - Aggressive PROM and capsular mobility in all planes
 - Supervised PROM and capsular stretching at least 3 times/week
 - Initiate AROM when tolerated (no restrictions)
- **Exercises:** Begin scapular stabilizers (protection, retraction)
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase II: Weeks 6+

- **Range of Motion:** Full AROM
- **Exercises:** Continue Phase 1; begin gentle rotator cuff strengthening; but avoid strengthening in positions of impingement
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat, ice, etc.
 - Apply modalities with shoulder at end range (comfortable) position (not arm at side)

Home exercise program of stretches to be done 3-4 times a day for 1-15 minutes per session.