

Arthroscopic Capsular Release Protocol

- Frequency: 3 times per week
 - First session should be on POD#1 (the day after surgery)
 - 4-5 sessions during first postoperative week
 - 3 sessions per week after the first postoperative week

- Duration: 12 weeks

	Weeks 1-6	Weeks 7-12
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • WBAT • No sling or immobilization device (encourage ROM) 	
Aerobic	<ul style="list-style-type: none"> • As tolerated 	
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • Shoulder ROM in all planes (FF, ABD, ADD, ER, and IR) to tolerance • Pendulum exercises • Pulley exercises • AAROM cane exercises • Biceps and triceps isotonic exercises • Hand, wrist, and elbow ROM • Scapular stabilization exercises • Anterior and posterior capsular stretching after adequate warm-up 	<ul style="list-style-type: none"> • Shoulder ROM in all planes (FF, ABD, ADD, ER, and IR) to tolerance • Continue scapular stabilization and strengthening exercises • Continue upper extremity and biceps progressive resistance exercises • ER and IR isotonic exercises below horizontal (emphasis on eccentrics) • Begin functional activities (ADLs, gradual return to leisure and athletic activities) • Begin plyometric exercises
Other	<ul style="list-style-type: none"> • Heat before and/or ice after PT sessions as needed • Anti-inflammatory modalities as needed • Home Exercise Program (HEP) to be performed daily 	
Goals	<ul style="list-style-type: none"> • Pain and inflammation control • Aggressive ROM exercises 	