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Rehabilitation Instructions: **Arthroscopic Capsular Release**

THERAPY Phase I (Weeks 0 – 6 after surgery):

- **Sling:** Wear as pain permits, remove for hygiene, sleeping, getting dressed, exercises, with goal complete discontinuance by 3 weeks
- **Range of Motion:** Aggressive PROM and capsular mobility in all planes, AROM as tolerated
- **Exercises with emphasis on home program:** pendulums, ER with stick, pulley and supine well arm assisted elevation, stretches such as table slides, wall walks, door stretches in adduction and abduction, scapular stabilizers for protraction and retraction
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

THERAPY Phase II (Weeks 6+ after surgery):

- **Range of Motion:** Progress aggressive terminal stretching program, AROM without restrictions
- **Exercises:** continue Phase I, advance as tolerated for concentric cuff, deltoid, scapular stabilizers with emphasis on bands and high rep, low weights (<5#), progress for work related tasks and hobbies, functional strength for all ADLs
- **Modalities:** As previous, consider water aerobics
- **Athletics:** resume as tolerated when pain permits including swimming, jogging and eventually light weight training
- **Criteria for discharge home:** pain free active ROM for shoulder elevation, independence with home maintenance program