



**Lisa Kaplin, DO**

## **ARTHROSCOPIC CAPSULAR RELEASE REHAB**

0-2 WEEKS: PHYSICAL THERAPY 5X/WEEK

2-4 WEEKS: PHYSICAL THERAPY 4X/WEEK

4-6 WEEKS: PHYSICAL THERAPY 3X/WEEK

>6 WEEKS: PHYSICAL THERAPY 2-3X/WEEK

### Weeks 0-4:

- Stop sling use within 3 days
- Focus on ER at 0° immediately
- Progress full pain-free ROM arc A/AA/PROM - no limitations, focus on IR and ER at 90° abduction in supine position.
- Work on FF and ABD with stabilization of the scapula.

### Weeks 4-6:

- Begin Rotator Cuff and Scapular Stabilization strengthening, begin at 0° and progress to 45° / 90° as tolerated in Pain Free Arc.

### Months 3-12:

- Begin resisted IR/BE (isometrics / bands); isometric ----> light bands ----> weights
- Advance strengthening as tolerated; 10 reps / 1 set per exercise for rotator cuff, deltoid, and scapular stabilizers
- Increase ROM to full with passive stretching at end ranges
- Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.