

Arthroscopic Capsular Release Rehabilitation

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	Sling	ROM	Stretching Exercises	Strengthening Exercises	Precautions
Phase I 0-2 Weeks	Per MD instructions	Pendulums. Supine FF, ERN, IR behind the back as tolerated. Progress as tolerated CPM per MD instructions	Stretch with therapist 3-5 times a week Stretch all planes	None	ROM as tolerated
Phase II 2-6 Weeks	None	Begin AA and AROM	All planes Continue with therapist as needed	Antigravity elevations Scapulohumeral rhythm	Avoid exercises in coronal plane abduction
Phase III 6-12 Weeks	None	Gradually improve to FROM	All planes Continue with therapist as needed	Therabands Scapulohumeral rhythm Gradually increase resistance	Same as above