

CAPSULAR RELEASE REHAB GUIDELINES

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INDIVIDUAL CONSIDERATIONS: please check op report for information regarding procedure and sling usage; if more than 1 procedure follow more conservative protocol -- if RCR, then RCR protocol supersedes all other arthroscopic procedures

PHASE 1 (0-2 weeks)

Post-op day 1 PT eval:

- Remove post-op bandages!, assess incision and surgical site and place new dressing/bandage at end of session if needed
- Take off sling and assess PROM per protocol parameters
- Teach sling usage, need to avoid shoulder active ROM, use of ice

Sling Use

- Simple sling usage for 1 day and then discharge
- Sleep in sling for comfort

Goals at 2 weeks:

- Control inflammation and pain—cryocuff 3-4 times a day

THERAPEUTIC EXERCISES:

- PROM of shoulder as tolerated
- AROM elbow, wrist and hand
- Ball squeezes
- STM as indicated for pain-control – avoid scar massage
- UT stretching, levator stretching, cervical retractions
- Scap retractions, shoulder shrug AROM

PHASE 2 (2-6 weeks)

Criteria:

- Full PROM

Goals:

- Normalize AROM and PROM

- Return to functional activities

THERAPEUTIC EXERCISES:

- PROM- all directions
- Progress AAROM as tolerated
 - Dowel supine and then standing (flex, abd, ER)
 - Table slides to wall slides
- Progress AROM as tolerated (supine, s/l, prone, progress to standing)
- Gentle, submax isometric of shoulder

PHASE 3 (6+ weeks)

Criteria:

- Full PROM and AROM, pain-free

Goals:

- Progress strengthening
- Return to sport with MD clearance and UE Y balance testing >95%

THERAPEUTIC EXERCISES:

- Begin light strength activities- start with light tubing and progress to light DB (<5 lbs)
 - ER with tubing (begin at side, towel roll under arm) and s/l with weight
 - Prone ITY, row
 - Standing ITY
 - D2 diagonal with TB, B ER with TB, hori abd with TB, ect
- Rhythmic stabilization
- Exercises in open kinetic chain and closed kinetic chain (wall walks, wall clocks, ball on wall, SA wall slides, etc)
- Correct compensations such as hiking of UT
- Stretching and PROM as needed
- Continue to progress strengthening
 - Body blade
 - TRX row, TY
 - Prone on swissball ITY
 - Prone row to ER to press
 - Progress weight machine (row, lat pull down, OH press, ect)