



Arthroscopic Capsular Release

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This is performed on patients who have persistent shoulder stiffness that has not responded to a diligent attempt at recovery with stretching exercises. The procedure does not repair tissues and, therefore, the patients do not require protective immobilization with a sling.

The dressing is removed three days after surgery. Leave the steri-strips on the incisions until one week after your surgery. After the dressing is removed you may shower quickly and gently pat your shoulder dry with a clean towel. If there is any drainage or concern about the healing of the incisions do not shower and just gently clean the surface of the shoulder with rubbing alcohol and call the office.

During the first 6 weeks stretching exercises are performed every 2 hours in sets of 5 repetitions holding each stretch for 10 seconds.

Week 0-6

- Pendulum circumduction (no weights)
- Passive self-assisted range of motion: supine forward elevation, supine external rotation, supine cross chest horizontal adduction, standing internal rotation behind back.
- Neck ROM
- Scapular stabilization with serratus anterior, rhomboid and trapezius contraction.
- Begin isometric deltoid, internal rotation, external rotation 4 weeks post-op.
- Range of Motion Goals

Week 6

- Active forward elevation >140°
- Passive forward elevation >140°
- Active external rotation - 40°
- Passive external rotation - 60°
- Passive internal rotation - Lower thoracic

Week 6 -12

- Should have close to full range of motion
- Begin progressive strengthening if range of motion is good
- Be careful of synovitis and increased pain associated with strengthening
- If range of motion is still limited hold formal strengthening and push range of motion exercises.