

ARTHROSCOPIC SHOULDER CAPSULAR RELEASE PT PROTOCOL

	BRACE INSTRUCTIONS AND RESTRICTIONS	RANGE OF MOTION GOALS	PT EXERCISES/NOTES
PHASE 1 First 4 Weeks (0-4) 1-2 Sessions/week Begin after 7-10 days	- Sling x 2 weeks full time except hygiene/exercises, then out of sling as tolerated at 2 weeks	- PROM/AROM as tolerated in all positions	- Aggressive PROM and capsular stretching - Begin posterior capsule mobilizations, closed chain scapular stabilizers - Deltoid/cuff isometrics, scapular protraction/retraction
PHASE 2 Second 4 Weeks (4-8) 2 Sessions/week		- Advance to full AAROM/AROM	- Aggressive PROM and capsular stretching - Advance Deltoid/cuff isometrics - Begin resistive exercises for scapular stabilizers, triceps, biceps and rotator cuff - Begin rotator cuff strengthening after 6 weeks
PHASE 3 Next 8 Weeks (8-16) Sessions once/week or once every other week		- Full AROM in all planes	- Advance strength training as tolerated - Begin eccentric resisted motion and closed chain activities - Return to sport and full activity at 12 weeks

This protocol is intended for the purposes of guiding post-surgical or post-injury rehabilitation exercises and goals. These guidelines may be interpreted by a certified physical or occupation therapist and tailored to meet patient specific goals and expectations. Other specific modifications may be made by Dr. Butterfield depending on adjuvant surgical procedures, surgical findings, or rehabilitation progress.

Please fax initial physical therapy assessment and progress notes to Dr. Butterfield at 763-717-4139. You may direct questions regarding this protocol or patient progress to our office at 763-786-9543.