

Ascension Borgess Orthopedics & Sports Medicine

Postop Rehabilitation

Arthroscopic Capsular Release

Phase I (0-6 weeks)

Range of Motion: Passive, active-assisted, and active ROM as tolerated.

Sling: For comfort only. Discontinue sling no later than 2 weeks postop.

Exercises: Elbow/wrist ROM. Table-slides, wall climbs, corner stretch, back scratch 4x/d x 10min. Closed chain scapula.

Restrictions: No lifting heavier than a coffee cup.

Phase II (6-12 weeks)

Range of Motion: Increase as tolerated to full.

Sling: None

Exercises: Deltoid/rotator cuff isometrics. Scapular stabilization. Rotator cuff strengthening, biceps, triceps. Continue stretching.

Restrictions: No aggressive strengthening.

Phase III (3-5 months)

Range of Motion: Gradual return to full AROM.

Sling: None

Exercises: Advance strengthening as tolerated. Continue stretching.

Phase IV (5-8 months)

Range of Motion: Full and pain-free

Sling: None

Exercises: Advance strengthening as tolerated. Continue stretching. Return to full activity as tolerated.