

Arthroscopic Capsular Release Rehabilitation Program

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Diagnosis: Right / Left Adhesive Capsulitis _____

Date of Surgery: _____

Weeks 1-6 (Phase I):

- >> □ You may remove your sling on POD#1. During the first 6 weeks stretching exercises are performed every 2 hours in sets of 5 repetitions holding each stretch for 10 seconds.
- >> 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.

	Wk 6
Active forward elevation	>140°
Passive forward elevation	>140°
Active external rotation	40°
Passive external rotation	60°
Passive internal rotation	Lower thoracic

Weeks 6-12 (Phase II):

- >> □ 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.