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Shoulder Manipulation and Arthroscopic Capsular Release Rehab Protocol

Weeks 1 – 6

- D/C sling on first post-op day
- Anti-Inflammatory Modalities as needed
- Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)
- Codman's, pendulums, pulleys, cane assistive ROM
- INSTRUCT IN HOME PROGRAM - TO BE DONE DAILY.
- Biceps / triceps isotonic / Elbow & Wrist motion exercises
- Scapular stabilization exercises
- Cardiovascular training as tolerated (Running, bike)
- Anterior and Posterior capsular stretch after warm-up
- Recommend 4-5 visits during the first week postoperatively; then 3x per week

Weeks 6+

- Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)!
- Continue upper extremity PREs
- Continue scapular stabilization / strengthening exercises
- IR / ER isotonic exercises below horizontal (emphasize eccentrics)
- Biceps PRE's
- Continue with shoulder and neck flexibility exercises
- Modalities PRN
- Functional activities begin week 6 (ADLs, Sports)
- Plyometrics