



## **ARTHROSCOPIC CAPSULAR RELEASE– REHABILITATION PROTOCOL**

The intent of this protocol is to provide the clinician with a guideline of the post-operative rehabilitation course of a patient that has undergone an arthroscopic debridement/Capsular Release. If patient also has a capsular release along with an abiceps tenodesis, patient can begin fairly aggressive PROM in PT as long as when doing shoulder flexion the elbow is bent slightly to take stress off the repaired biceps tendon. If patient has a rotator cuff repair along with a capsular release, please check with the referring physician on when he wants PROM to begin and how aggressive he wants PT to be with the PROM as to not put any undue stress on the healing rotator cuff repair. It is not intended to be a substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam/findings, individual progress, and/or the presence of post-operative complications. If a clinician requires assistance in the progression of a post-operative patient they should consult with the referring surgeon.

### **Phase 1:(1-2weeks)**

#### **Goals:**

- Restore non-painful range of motion (ROM)
- Retard muscular atrophy
- Decrease pain/inflammation
- Improve postural awareness
- Minimize stress to healing structures
- Independent with activities of daily living (ADLs)
- Prevent muscular inhibition
- Wean from sling

#### **Precautions:**

- Care should be taken with abduction (with both active range of motion (AROM) and passive range of motion (PROM) to avoid unnecessary compression of subacromial structures
- Creating or reinforcing poor movement patterns, such as excessive scapulothoracic motion with upper extremity elevation, should be avoided

#### **Range of Motion:**

- PROM
- Active assisted range of motion (AAROM)
- AROM
- Pendulums
- Pulleys
- Cane exercises
- Self stretches

**Strengthening:**

- Isometrics:scapular musculature,deltoid,androtator cuffasappropriate
- Isotonic:theraband internal andexternalrotationin 0 degreesabduction

**Modalities**

- Cryotherapy
- Electricalstimulation-inferentialcurrentto decreaseswelling andpain (asindicatedand/or needed)

**Criteria for progressionto phase2:**

- Fullactive and passive ROM
- Minimalpainandtenderness

**Phase 2: IntermediatePhase (2-6 Weeks)****Goals:**

- Regainandimprove muscular strength
- Normalize arthrokinematics
- Improve neuromuscularcontrol of shoulder complex

**Exercises:**

- Initiate isotonic programwithdumbbells
- Strengthenshouldermusculature-isometric,isotonic, ProprioceptiveNeuromuscularFacilitation(PNF)
- Strengthen scapulothoracic musculature- isometric,isotonic,PNF
- Initiate upperextremityenduranceexercises

**ManualTreatment:**

- Jointmobilization to improve/restore arthrokinematics if indicated
- Jointmobilizationfor painmodulation

**Modalities:**

- Cryotherapy
- Electricalstimulation-inferentialcurrenttodecreaseswellingandpain(asindicatedand/or needed)

**Criteria forProgressiontoPhase 3:**

- FullpainlessROM
- Nopain or tenderness onexamination

### **Phase 3: Dynamic (Advanced) Strengthening Phase: (6 weeks and beyond)**

#### **Goals:**

- Improve strength, power, and endurance
- Improve neuromuscular control
- Prepare athlete to begin to throw, and perform similar overhead activities or other sports specific activities

#### **Emphasis of Phase 3:**

- High speed, high energy strengthening exercises
- Eccentric exercises
- Diagonal patterns

#### **Exercises:**

- Continue dumbbell strengthening (rotator cuff and deltoid)
- Progress the band exercise to 90/90 position for internal rotation and external rotation (slow/fast sets)
- Theraband exercises for scapulothoracic musculature and biceps
- Plyometrics for rotator cuff
- PNF diagonal patterns
- Isokinetics
- Continue endurance exercises (UBE)