

Capsular Release Rehab Protocol

POST OPERATIVE MANAGEMENT

- Control pain—ice and anti-inflammatories
- Promote ROM
- Begin PT within 1-3 days post-operatively

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| Goals | <ul style="list-style-type: none"> • Achieve normal, pain free PROM/AROM without restrictions • Physical therapy to begin immediately post-operatively (Day 1-3) • Achieve normal rotator cuff strength with proper glenohumeral mechanics |
| Guidelines | <ul style="list-style-type: none"> • Modalities PRN • Glenohumeral and scapular joint mobs • PROM/stretching • HEP consisting of stretches, RTC and scapular stabilizer strengthening • <u>Maintain proper glenohumeral mechanics</u> |

Criteria for discharge:

1. Full, pain free range of motion
2. Strength is equal bilaterally
3. Has met specific functional/activity goals
4. Has been cleared by physician