

PHYSICAL THERAPY

SHOULDER ARTHROSCOPY WITH CAPSULAR RELEASE

WEEKS 1 – 6

- Anti-Inflammatory Modalities (Ice!) – as needed
- Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)!
- Codman's/pendulums, pulleys, cane assistive ROM
- INSTRUCT 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
- Special: _____
- May remove sling ad lib. Out of sling at 2 weeks.

WEEKS 6 – 12

- 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
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- **Send Progress notes**