



Shoulder Manipulation and Arthroscopic Capsular Release REHAB Protocol

Weeks 1-6

D/C sling on first post op day
Anti-inflammatory modalities prn
ROM exercises in all planes to tolerance
Codman's, pendulums, pulleys, cane AAROM
Home program to be done DAILY
Biceps/triceps isotonic/elbow and wrist ROM exercises
Scapular stabilization exercises
Cardiovascular training as tolerated
Anterior and posterior capsular stretch after warm up
Recommend 4-5 visits during the first week post op, then 3x per week

Weeks 6+

ROM exercises all planes to tolerance
Continue UE PRE's
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