

# Arthroscopic Capsular Release Rehabilitation

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	<b>Sling</b>	<b>ROM</b>	<b>Stretching Exercises</b>	<b>Strengthening Exercises</b>	<b>Precautions</b>
<b>Phase I 0-2 Weeks</b>	Per MD instructions	Pendulums. Supine FF, ERN, IR behind the back as tolerated. Progress as tolerated  CPM per MD instructions	Stretch with therapist 3-5 times a week  Stretch all planes	None	ROM as tolerated
<b>Phase II 2-6 Weeks</b>	None	Begin AA and AROM	All planes  Continue with therapist as needed	Antigravity elevations  Scapulohumeral rhythm	Avoid exercises in coronal plane abduction
<b>Phase III 6-12 Weeks</b>	None	Gradually improve to FROM	All planes  Continue with therapist as needed	Therabands  Scapulohumeral rhythm  Gradually increase resistance	Same as above