

**Arthroscopic Capsular Release  
Physical Therapy Protocol and Prescription**

Date:

Name:

**Week 1**

- Physical therapy 5 days a week
- Sling for comfort only and as little as possible
- PROM without limits
- Emphasis on terminal range
- AAROM (wand, self-stretch)
- Ice 3-4x daily

**7 Days-2 Weeks (Goal: Full PROM)**

- Physical therapy 3 days a week
- Discontinue sling
- AAROM: add pulley and UBE for motion
- Isometrics for all shoulder motions within pain-free ROM
- AROM: impingement exercises without resistance (standing ABD, FE, supraspinatus exercises <90°, sidelying IR< ER; prone horizontal abduction, extension, flexion)
- Ice following exercises

**3 Weeks (Goal: full AROM)**

- PRE: hand weights or theraband resistance within pain-free ROM
- Impingement exercises
- Scapulothoracic exercises
  - Wall push-ups, supine punch-ups
  - Prone scapular retraction with horizontal abduction with IR and ER
  - Rowing; shrugs, press-ups
  - Ice following exercises

#### **4 Weeks (exercises should be pain-free)**

- Progress PREs
- Add CKC exercises (step ups, BAPS, treadmill; STAB exercises)
- Add manual resistive exercises (PNF, rhythmic STAB, eccentrics)
- Add isokinetic rotation at neutral ABD
- Ice following exercises

#### **6 Weeks (Full pain free ROM)**

- Add plyometrics (medicine ball, theraband, plyoback)
- Resume sport specific activities (progression toward full activity)

-Beth Shubin Stein, MD