



JOSHUA ALPERT, MD

Dr. Joshua Alpert
 Post-Operative Rehabilitation Protocol:
 Shoulder-Arthroscopic Capsular Release with Manipulation
 Under Anesthesia

	Range of Motion	Sling	Exercises
PHASE I 0-4 weeks	Passive and active range as tolerated	Remove sling the day after surgery	0-2 weeks: initiate outpatient PT according to Rx Aggressive PROM and capsular stretching; closed chain scapula 2-4 weeks: continue capsular stretching: PROM, joint mobilization to max tolerance Deltoid, cuff isometrics, begin scapular protraction/retraction
PHASE II 4-8 weeks	Continue increasing as tolerated to full	none	Advance isometrics, rotator cuff and deltoid Advance to therabands, dumbbells as tolerated
PHASE III 8-16 weeks ct'd next page	Progress to full motion without discomfort	none	Advance strengthening as tolerated begin

			<p>eccentrically resisted motions and closed chain activities</p> <p>Advance to sport and fully activity as tolerated after 12 weeks</p>
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