



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	Progress to full motion without discomfort	none	Advance strengthening as tolerated begin eccentrically resisted motions and closed chain activities Advance to sport and fully activity as tolerated after 12 weeks

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