















## Rehabilitation after Shoulder Arthroscopic Capsular Release Surgery

Post-op phase	Sling	Range of Motion	Stretching Exercises	Strengthening exercises	Precautions
<b>Phase 1</b> 0-2 weeks after surgery	Per MD instructions	Pendulum exercises. Supine FF as tolerated. ERN as tolerated. IR behind back. Progress as tolerated	Stretching with physical therapist 3 to 5 times a week  Stretch all planes	No	ROM as tolerated
<b>Phase 2</b> 2-6 weeks after surgery	D/C	Begin active-assisted and active ROM per phase 2	All planes Continue stretching with physical therapist as needed	Antigravity elevation Scapulohumeral rhythm	Avoid exercises in coronal plane abduction
<b>Phase 3</b> 6-12 weeks after surgery	D/C	Gradually improve to full  ROM all planes	All planes. Continue stretching with physical therapist as needed	Theraband exercises Scapulohumeral Rhythm exercises PRE 1-3 lb.	Continue same as above