

Arthroscopic Capsular release
POST-OPERATIVE PHYSICAL THERAPY PROTOCOL

Immediate Postoperative Period

- Sling for comfort only
- Maintain Range of motion obtained in operating room (see attached operative note)
- Modalities PRN
- 1st therapy visit **MUST** be within 1-2 days from the surgical procedure
- Please instruct patient and, if possible, a family member on proper techniques for home exercises

Weeks 1-6

Goals: Maintain ROM and Decrease Pain

- No sling
- PT 3-4x/week as directed by physician
- Progress to full range of motion – no restrictions
- Must not let pain be limiting factor to maintaining motion obtained in the operating room – please consult physician if this is an issue.
- Recommend pre-medication prior to PT session to maximize visit

Weeks 6-12

Goals: Resume normal function

- Increase strength – resistive