

REHABILITATION PROTOCOL: ARTHROSCOPIC SHOULDER CAPSULAR RELEASE FOR ADHESIVE CAPSULITIS OR CONTRACTURE

□ Phase 1 (Weeks 0-6)

- Range of motion
 - PROM → AAROM → AROM as tolerated in all planes
 - STRETCHING EXERCISES EVERY 2 HOURS IN SETS OF 5 REPEITIONS AND HOLD STRETCH FOR 10 SECONDS
 - Pendulum circumduction
 - DYNASPLINT twice a day for 20-30 minutes for 6 weeks
- Therapeutic exercises
 - Scapular stabilization
 - Isometric deltoid, internal rotation and external rotation begin at 4 weeks postop
- Heat/ ice before and after physical therapy sessions

□ Phase 2 (Weeks 6-12)

- Range of motion
 - Goals active forward elevation > 140°, passive forward elevation > 140°, active external rotation 40°, passive external rotation 60°, passive internal rotation lower thoracic
- Therapeutic exercises
 - Strengthening rotator cuff, deltoid, periscapular
- Sport/ work specific rehabilitation
- Modalities per PT discretion