



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

SHOULDER CAPSULAR RELEASE

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

Weeks 0-4:

- Stop sling use within 3 days
- Begin using CPM machine at home 1 day post-op as instructed (if available)
- Focus on ER at 0° immediately
- Progress full pain-free ROM arc A/AA/PROM - no limitations, focus on IR and ER at 90° abduction in supine position.
- Work on FF and ABD with stabilization of the scapula.

Weeks 4-6:

- Begin Rotator Cuff and Scapular Stabilization strengthening, begin at 0° and progress to 45° / 90° as tolerated in Pain Free Arc.

Months 3-12:

- Begin resisted IR/BE (isometrics / bands); isometric > light bands > weights
- Advance strengthening as tolerated; 10 reps / 1 set per exercise for rotator cuff, deltoid, and scapular stabilizers
- Increase ROM to fill with passive stretching at end ranges
- Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities:

Electric Stimulation Ultrasound Iontophoresis Phonophoresis

TENS Heat before/after Ice before/after Trigger points massage

Therapist's discretion

Other _____

Signature: _____ Date: _____