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POST-OPERATIVE REHABILITATION PROTOCOL

Capsular Release

Arthroscopic Capsular Release for "Frozen Shoulder"

- *The physical therapy MUST start the day after your surgery. You should make appointments in advance to begin physical therapy in time.
- *For the first 3 weeks after surgery, you should see the physical therapist at least 3 times a week to maintain the maximum range of motion obtained during surgery. It is very important that you do the shoulder exercises at least 3 times every day to maintain the shoulder motion

Phase I MAINTAIN MOTION

- Immediate Postoperative Period: 0 – 3 weeks
- Wear the arm sling for comfort only. Remove the sling and move the arm frequently. No sling 2 weeks after surgery.
- Pendulum exercises 4 – 5 times a day
- Warming up exercises before starting ROM exercises (pendulum exercise, shoulder shrug, shoulder blade pinch, etc.)
- Passive/active assisted shoulder forward flexion in supine, with assistance of family member or therapist up to the maximum range obtained during surgery with emphasis on "terminal stretch"
- Passive/active assisted external rotation with cane or stick with shoulder abducted to 30° in supine (with towel roll under elbow) up to the maximum range obtained during surgery with emphasis on "terminal stretch"
- Passive/active assisted behind-the-back internal rotation with cane or stick in sitting position as tolerated with emphasis on "terminal stretch"
- Ice 3 – 4 times a day; home use of modalities as needed to assist in pain relief

GOALS Keep surgical ROM

Phase II FULL MOTION

- Maintain ROM and Decrease Pain: 3 – 6 weeks; no sling; continue pendulum exercises 3 times a day
- Continue PROM/AAROM to progress to full range of motion
- **Add:** -supine external rotation with abduction; supine cross-chest stretch; standing active assisted forward elevation



- Standing external rotation; side-lying external rotation without weight; prone horizontal abduction
- Ice 3 times a day; home exercise program; home use of modalities as needed to assist in pain relief

GOALS Full ROM

Phase III STRENGTHEN

- Regain Full Motion and Begin Gentle Strengthening: 6 – 12 weeks; goal
- Obtain full pain-free passive and active range of motion; begin to restore proper scapulohumeral mechanics
- Independent ADLs; gentle strengthening; patient education/independence in home exercise program
- Continue the Phase II exercises; add -corner stretch; wall climb; standing active forward elevation
- Side-lying external rotation with 1 – 2-pound weight (10 repetitions)
- TheraBand – Concentric and eccentric within pain-free ranges in all planes (Note: keep elbow flexed to 90° for flexion and elevate only to 90°)

GOALS Independent program

Discharge Criteria

- Full functional ROM maintained without regression; independent home stretching program
- Discharge per Dr. Kelly

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.

