

ARTHROSCOPIC CAPSULAR RELEASE

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Patient _____
 DOS _____

	POW 0-2	POW 2-4	POW 4-8	POW 8-16
ROM	Passive to active as tolerated		Increase as tolerated to full	Progress to full without discomfort
Sling	Worn for comfort only	Discharge		
Exercises	Aggressive PROM and capsular stretching*	Continue previous	Continue previous	Continue previous
	Closed chain scapula	Joint mobilizations	Sidelying ER, progress as tolerated	Advance strengthening as tolerated
	Table Flex, ER, Abd	Deltoid/Rotator Cuff Isometrics (Flex, Ext, Abd, Add, ER, IR)	Prone/Bent: Rows, Extension progress as tolerated	Begin eccentrically resisted motions
	Supine stick ER, Flex	Scapular retraction	Rows, Extension, IR, ER with Tubing	Begin closed chain activities
	Pulley	Serratus Punch	W Tubing	Advance to sport and full activity as tolerated after 12 weeks
	Swiss Ball Roll		"I", "Y", "T" progress as tolerated	
	Wall Slide			
	Standing Wand Flex, ER, Abd			
	Pendulums			
Revised January 2020				

*If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op

**If a biceps tenodesis is performed, avoid active flexion of biceps and eccentric loads on biceps for 6 weeks post-op

Any Questions? Please contact:

Northwoods Therapy Associates

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