

## **SHOULDER ARTHROSCOPIC CAPSULAR RELEASE**

### **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.