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Physical Therapy Rehabilitation following

Arthroscopic Capsular Release of the Shoulder

The following is a framework from which to work during rehabilitation following arthroscopic capsular release of the shoulder. We encourage patients and therapists to communicate with Dr. Brusalis and his staff with any questions.

Instructions:

Range of motion:

- Sling for comfort only, otherwise ok to discontinue on the first day post-operatively.
- Begin immediate and aggressive passive range of motion and capsular mobility in all planes.
- Perform these supervised three times per week and at home three to four times per day.
- Begin scapular mobility exercises immediately as well.
- Initiate active range of motion as tolerated.

Strengthening:

- At six weeks post-operatively begin strengthening of the rotator cuff and scapular stabilizers as tolerated within the limits of motion achieved and while avoiding positions of impingement.
- Avoid rotator cuff strengthening more frequently than three times per week to avoid tendonitis.
- Progress as tolerated.
- Please provide with a home exercise program with a focus upon passive external rotation exercises, passive internal rotation exercises, and passive forward elevation exercises.

Modalities

Heat before therapy, cryotherapy afterwards. Remaining modalities as per treating therapist.

Frequency: 3 times/week

Duration: 6 weeks