

Arthroscopic Capsular Release Postoperative Protocol

Immediate Postoperative Instructions

- **Activity:** Discontinue sling when comfortable, remove only for hygiene. You may allow your arm to hang in order to extend your elbow.
- **Dressing:** You may remove the dressing in 2 days and then place Band-aids over the incisions for 1 week
- **Shower:** You may allow the wound to get wet in the shower after 2 days when you remove the dressing. Do not submerge in water until 1 week after your surgery.
- **Follow-Up Appointment:** If not already scheduled, call (402) 609-3000 tomorrow to schedule your appointment in the next 1-2 weeks.
- **Questions:** Call us at (402) 609-3000 or email at Matthew.Dilisio@OrthoNebraska.com.

Postoperative Plan

Sling Use

- Discontinue when pain allows
- May remove for showers/dressing

Physical Therapy Protocol

Phase I: Weeks 0-4

- Wean from sling
- May start formal physical therapy, full passive and active motion
- **No strengthening**
 - Forward elevation: Full
 - External Rotation: Full
 - Internal Rotation: Full

Phase II: Weeks 6+

- Start resistance training, gradually increasing (starting with light weights, high repetitions)
- Continue gentle stretching
 - Forward elevation: Full
 - External Rotation: Full
 - Internal Rotation: Full