



From the office of:

Andrew J Blackman, MD

121 St Luke's Center Drive, Suite 302
Chesterfield, MO 63017 314-523-2595
AndrewBlackmanMD.com



PHYSICAL THERAPY PROTOCOL PROCEDURE: ARTHROSCOPIC SHOULDER CAPSULAR RELEASE

Weeks 0-4: Phase I – Pain/Inflammation Control, Early ROM

Sling Immobilizer: To be worn for comfort only; wean as able

Exercises: AROM elbow/wrist
 AROM/AAROM/PROM shoulder as tolerated
 -Emphasize posterior capsule and anterior chest wall stretching
 Pendulums, Codman's, pulleys, etc
 Gripping exercises
 Scapular stabilization exercises
 Pain-free, submaximal deltoid isometrics
 Modalities as needed

Advancement Criteria: Minimal pain and inflammation

Weeks 4-8: Phase II – Advanced ROM, Early Strengthening

Sling Immobilizer: Discontinued

Exercises: Begin shoulder strengthening
 -Include low-weight, high-rep cuff strengthening
 Continue scapular stabilization/strengthening exercises
 Pain-free, submaximal deltoid and IR/ER isometrics
 Begin more aggressive shoulder joint mobilization
 Modalities as needed

Advancement Criteria: Minimal pain and inflammation
 Symmetric PROM
 IR/ ER strength >4/5

Weeks 8-12: Phase III – Advanced Strengthening

Exercises: Continue progression towards symmetric AROM
 Continue scapular strengthening program
 Deltoid and RTC isometrics, progressing to isotonic
 -stress eccentrics

Begin humeral head stabilization exercises if strength adequate
Begin upper extremity flexibility exercises
Isokinetic training
Modalities as needed

Advancement Criteria: Normal scapulohumeral rhythm
Minimal pain and inflammation
IR/ER strength 5/5
Full upper extremity ROM

Weeks 12+: Phase IV – Functional Rehabilitation

Exercises: Continue full upper extremity strengthening (emphasize eccentrics)
Progress to full functional ROM
Advance IR/ER strengthening to 90/90 position if required
Continue upper extremity flexibility exercises
Isokinetic strengthening
Activity-specific plyometrics program
Address trunk and lower extremity demands
Begin sport or activity-related program
Modalities as needed

Discharge Criteria: Pain-free sport or activity-specific program
Isokinetic IR/ER strength equal to unaffected side
Independent home exercise program

Discharge Criteria: Isokinetic IR/ER strength equal to uninvolved side
Independent HEP
Independent, pain-free sport or activity specific program