

**James F. Stenson, DO**  
**Orthopaedic Shoulder and Elbow Surgery**  
**Einstein Medical Center Montgomery**

**Arthroscopic Shoulder Capsular Release Protocol**

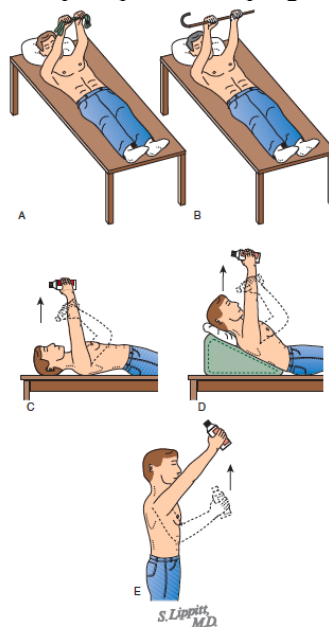
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**Phase I: Range of Motion (0-6 weeks)**

- Patients may shower postop day # 2.
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling as necessary please discontinue as soon as comfort permits
- Begin immediate and aggressive range of motion in all planes: supine forward elevation, over the door pulleys, table slides, internal rotation up the back, and sleeper stretches.
- Begin scapular mobility exercises: shoulder shrugs and scapular retraction without resistance
- Initiate active ROM as tolerated
- Immediate elbow, forearm, hand, and finger range of motion out of sling

**Phase II: Strength (>6 weeks)**

- Begin shoulder strengthening with supine press with progressive inclination



- Advance rotator cuff and scapular stabilizer strengthening
- Avoid strengthening greater than 3 times per week to avoid rotator cuff tendinitis
- Progress as tolerated