Capsular Release and Debridement

Suggested frequency/duration:
- 5x/week for post-op week 1-2
- 3x/week for post-op week 3-4
- 2x/week for post-op week 4+, as needed

Goals of Rehab:
- Relieve pain and edema
- Restore motion
- Strengthen RTC and scapular stabilizers once motion is improved
- No restrictions

Phase I (0 – 7 days post-op)
- Wound care: Observe for signs of infection
- Modalities: prn for pain and inflammation (pain, IFC)
- Brace: Sling for comfort only
- ROM:
  - Use of home CPM as directed by physician
  - Avoid unnecessary compression of sub-acromial structures during passive and active abduction
- Exercises:
  - Pendulums
  - Pulleys
  - Cane AAROM (flexion, abduction, IR, ER)
  - Stretches into flexion, abduction, IR, ER
  - Posterior capsule stretch
  - Posture education (avoid overuse of upper traps; maintaining normal scapulohumeral rhythm)
- Manual Therapy:
  - PROM all planes of motion
  - Joint mobilizations for pain control

Phase II (1 week – 4 weeks post-op)
- Wound care: Observe for signs of infection
- Modalities: Continue prn
- Brace: D/C use of sling
- ROM: Increase as tolerated
- Strengthening:
  - Continue with phase I exercises
  - Progress AROM as tolerated
  - Pec stretch
  - Isometrics (flexion, extension, abduction, IR, ER)
  - Theraband for scapular stabilization (keeping arm below 90 degrees)
- Manual Therapy
  - Joint mobilizations (grade I and II) for pain control and to improve arthrokinematics of GH joint
Phase III (4+ weeks)

- Strengthening: Continue with phase I and II
  - Progressive strengthening exercises as tolerated
    - Flexion, Extension, IR, ER, D1, D2
      - Isometrics
      - Free Weights
      - Theraband
    - Scapular stabilizers
      - Prone I/T/Y
      - Theraband
    - Plyometrics in all planes of motion, as needed and as tolerated
- At 6 weeks post-op, can return to sports, as tolerated

Adapted From:

2) SLU Care: The Physicians of Saint Louis University, “Shoulder Manipulation and Arthroscopic Capsular Release Rehab Protocol Prescription”
3) Beacon Orthopaedics & Sports Medicine, “Arthroscopic Capsular Release- Rehabilitation Protocol”