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Rehabilitation Instructions **Arthroscopic Capsular Release**

Precaution: Gentle ROM without pain should be encouraged. If pain increases modify activities, ice, and take medication as prescribed. Call Dr. Faryniarz for possible injection, if flare persists more than 10 days.

Phase I (0-2 weeks):

Range Of Motion (PROM to Active assisted range of motion):

- Goal of flexion and abduction greater than 90-degrees.
- External rotation greater than 45
- Scapular range of motion

Phase II (2-6 weeks):

ROM:

- Begin active-assisted and active ROM

Strengthening Exercises:

- Scapular strengthening
- When FROM may begin isometric rotator cuff and deltoid exercises.
- Emphasis proper scapulohumeral rhythm

Phase III (6-12 weeks):

ROM:

- Progress to full ROM

Strengthening Exercises:

- Initiate all strengthen exercises as long as it remains pain free.
- Sport specific training
- Return to sport (MD directed)