



# SIU MEDICINE

## ORTHOPEDICS

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### POST-OPERATIVE CAPSULAR RELEASE REHAB GUIDELINES

Diagnosis/Surgery: \_\_\_\_\_

Frequency – 3-5 times per week for 6-8 wks

Phase I (Weeks 0 – 6 after surgery):

- Sling: Only for comfort, discontinue as soon as able
- Ice: Use ice machine/system at minimum 3-4 times/day for the first week
- Range of Motion:
  - o Pulleys or continuous passive motion (CPM) machine 3-5 times/day
  - o Pendulums
  - o Elbow, forearm, and hand ROM unrestricted
  - o Aggressive PROM and capsular mobility in all planes
  - o Supervised PROM and capsular stretching at least 3 times/week
  - o Initiate AROM when tolerated (no restrictions)
- Exercises: begin scapular stabilizers (protraction, retraction)
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat, ice

Phase II (Weeks 6+):

- Range of Motion: full AROM
- Exercises: continue Phase I
  - Begin gentle rotator cuff strengthening
  - Avoid strengthening in positions of impingement
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat, ice

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Date