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## Capsular Release Rehab Protocol

### POST OPERATIVE MANAGEMENT

- Control pain—ice and anti-inflammatories
- Promote ROM
- Begin PT within 1-3 days post-operatively

<p><b>Goals</b></p>	<ul style="list-style-type: none"> <li>• Achieve normal, pain free PROM/AROM without restrictions</li> <li>• Physical therapy to begin immediately post-operatively (Day 1-3)</li> <li>• Achieve normal rotator cuff strength with proper glenohumeral mechanics</li> </ul>
<p><b>Guidelines</b></p>	<ul style="list-style-type: none"> <li>• Modalities PRN</li> <li>• Glenohumeral and scapular joint mobs</li> <li>• PROM/stretching</li> <li>• HEP consisting of stretches, RTC and scapular stabilizer strengthening</li> <li>• <u>Maintain proper glenohumeral mechanics</u></li> </ul>

### **Criteria for discharge:**

1. Full, pain free range of motion
2. Strength is equal bilaterally
3. Has met specific functional/activity goals
4. Has been cleared by physician