

**Bonnie P. Gregory, MD**  
**ARTHROSCOPIC CAPSULAR RELEASE**  
**REHABILITATION PROTOCOL**

	<b>RANGE OF MOTION</b>	<b>SLING</b>	<b>EXERCISES</b>
<i>PHASE I</i> <i>0-4 weeks</i>	Passive to active range as tolerated	0-2 weeks: Worn for comfort only 2-4 weeks: Discontinue	0-2 weeks: Initiate outpatient PT according to Rx Aggressive PROM and capsular stretching*; closed chain scapula 2-4 weeks: Continue capsular stretching: PROM, joint mobilization to max tolerance** Deltoid, cuff isometrics, begin scapular protraction/retraction
<i>PHASE II</i> <i>4-8 weeks</i>	Increase as tolerated to full	None	Advance isometrics, rotator cuff and deltoid* Advance to therabands, dumbbells as tolerated** Continue capsular stretching and PROM
<i>PHASE III</i> <i>8-16 weeks</i>	Progress to full motion without discomfort	None	Advance strengthening as tolerated begin eccentrically resisted motions and closed chain activities Advance to sport and fully activity as tolerated after 12 weeks

- ❖ If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op
- ❖ If a biceps tenodesis is performed, avoid active flexion of biceps and eccentric loads on biceps for 6 weeks post-op

For any questions or concerns regarding the protocol or rehabilitation process please contact

Dr. Gregory's Office:  
Phone: 713-486-7080  
Fax: 713-452-4143

<https://www.bonniegregorymd.com/>