



Mid-America Orthopedics

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PHYSICAL THERAPY
SHOULDER ARTHROSCOPY WITH CAPSULAR RELEASE

WEEKS 1 - 6

- Anti-Inflammatory Modalities (Ice!) – as needed
- Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)!
- Codman's/pendulums, pulleys, cane assistive ROM
- INSTRUCT HOME PROGRAM – TO BE DONE DAILY.
- Biceps / triceps isotonic /Elbow & Wrist motion exercises
- Scapular stabilization exercises
- Cardiovascular training as tolerated (Running, bike)
- Anterior and Posterior capsular stretch after warm-up
- Recommend 4-5 visits during the first week postoperatively; then 3x per week
- Special: _____
- May remove sling ad lib. Out of sling at 2 weeks.

WEEKS 6- 12

- Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)!
- Continue upper extremity PREs
- Continue scapular stabilization / strengthening exercises
- IR / ER isotonic exercises below horizontal (emphasize eccentrics)
- Biceps PRE's
- Continue with shoulder and neck flexibility exercises
- Modalities PRN
- Functional activities begin week 6 (ADLs, Sports)
- Plyometrics

- **Send Progress notes**