Rehabilitation Protocol: ARTHROSCOPIC SHOULDER CAPSULAR RELEASE FOR ADHESIVE CAPSULITIS OR CONTRACTURE

**⁮ Phase 1 (Weeks 0-6)**

* Range of motion
  + PROM → AAROM →AROM as tolerated in all planes
  + STRETCHING EXERCISES EVERY 2 HOURS IN SETS OF 5 REPEITIONS AND HOLD STRETCH FOR 10 SECONDS
  + Pendulum circumduction
  + DYNASPLINT twice a day for 20-30 minutes for 6 weeks
* Therapeutic exercises
  + Scapular stabilization
  + Isometric deltoid, internal rotation and external rotation begin at 4 weeks postop
* Heat/ ice before and after physical therapy sessions

**⁮ Phase 2 (Weeks 6-12)**

* Range of motion
  + Goals active forward elevation > 140°, passive forward elevation > 140°, active external rotation 40°, passive external rotation 60°, passive internal rotation lower thoracic
* Therapeutic exercises
  + Strengthening rotator cuff, deltoid, periscapular
* Sport/ work specific rehabilitation
* Modalities per PT discretion