

## Arthroscopic Capsular Release Rehabilitation

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-2</b> PT 2- 3x/week HEP daily	Edema and pain control Prevent ROM loss	Sling COMFORT ONLY  <b>If Distal Clavicle Excision:</b> No abduction >90° No rotation in 90° abduction No resisted motions  <b>If Biceps Tenodesis:</b> No active elbow flexion	Aggressive PROM Capsular stretching Closed chain scapula stabilization Elbow, wrist, hand ROM Codman/Pendulum Posture training
<b>Weeks 2-4</b> PT 2- 3x/week HEP daily	Edema and pain control Prevent ROM loss  <b>If Biceps Tenodesis:</b> Protect repair	DC sling  <b>If Distal Clavicle Excision:</b> No abduction >90° No rotation in 90° abduction No resisted motions  <b>If Biceps Tenodesis:</b> No active elbow flexion	Aggressive PROM Continue capsular stretching Joint mobilization to max tolerance Isometrics (deltoid and rotator cuff) Begin scapular protraction/retraction Continue elbow, wrist, hand ROM Posture training
<b>Weeks 4-8</b> PT 2- 3x/week HEP daily	Full ROM	No sling  <b>If Distal Clavicle Excision:</b> No abduction >90° No cross body adduction Avoid 90/90 ER  <b>If Biceps Tenodesis:</b> No resisted elbow flexion	Continue ROM exercises Continue capsular stretching Continue joint mobilization Advance isometrics Advance to bands & dumbbells  <b>If Biceps Tenodesis:</b> Begin active elbow flexion (no resistance)
<b>Weeks 8-16</b> PT 1- 2x/week HEP daily	Full ROM Return to activity	No sling  Avoid sport and high demand activities until >12 weeks	Continue above exercises Advance strengthening as tolerated Begin eccentric resisted motions and closed chain activities  <b>If Biceps Tenodesis:</b> Gentle resisted elbow flexion (8 weeks) Elbow flexion strengthening (>12 weeks)