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REHAB PROTOCOL: Arthroscopic Capsular Release for Shoulder Stiffness (Adhesive Capsulitis, Post traumatic Stiffness)

Name: _____ **Date:** _____

Diagnosis: _____ **Date of Surgery:** _____

Principles:

Range of Motion (ROM) takes precedence over strengthening!!

If ROM is lagging behind, hold off on strengthening and focus on ROM and stretching.

Intraoperative ROM

Forward Flexion (FF):

External rotation (ER) in abduction:

ER in arm by side:

Internal Rotation (IR) in abduction:

Phase I: Weeks 0-4 (Physical therapy to start on the day of surgery)

Most Important phase of Therapy after Capsular release

Precautions

- Avoid strengthening exercises during phase I
- ROM should be in the pain free arc
- Please avoid Upper Body Ergometer, Handweights, Body Blade and Therabands during Phase I

PLAN

- Pain control: ice, heat, modalities, anti-inflammatory medications
- Stop sling use within 3 days
- Progress with pain-free ROM (passive, active assisted and finally active ROM)

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1. Focus on **pure glenohumeral motion by stabilizing the scapula-exercises done in lying down supine position**
 2. No limitations to ROM in any plane except IR behind the back, which can cause rotator cuff tendinitis symptoms during early stages
 3. Stretching in all planes with special focus on
 1. ER with the arm at side and in 90 degrees of abduction
 2. IR (sleeper stretches) and cross body stretches
- Pulleys in Scaption: Patient should be seated and facing the pulleys-Please provide pulleys at home
 - Home exercise program: to be done daily

Phase II: Weeks 5 and beyond

Precaution

- Limit rotator cuff strengthening protocols to 2-3 days/week but ROM exercises should be done every day. Patients may notice lateral arm pain due to subacromial bursitis if too much strengthening is done in presence of stiffness
- Rotator cuff strengthening should begin at the waist level first and gradually progress to strengthening in abduction. Start with therabands and progress to free weights

Exercises

- Continue Phase I ROM and stretching protocol with focus on gentle end range stretching
- Begin rotator cuff isometrics at 0° and progress to 45° and 90° as tolerated in pain free arc; advance to resisted exercises with therabands (6 weeks) and progress to light weights (8 weeks)
- Begin closed chain scapular exercises
- Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage



Evaluation and others

- ◇ Teach home exercise program
 - ◇ Functional capacity evaluation
- Work Hardening/Work Conditioning

Comments:

Frequency: 3 times per week

Duration: 12 weeks

Signature: _____

Date: _____