

**THERAPY PROTOCOL:
SHOULDER ARTHROSCOPY WITH CAPSULAR RELEASE**

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Note: While this is intended to be a guide, please tailor progression to the patient's surgical procedure and response to treatment. The diagnosis, the surgery performed, and the patient's pre-operative level all play important roles in the post-operative period. This protocol is a general timeline, and can be accelerated or decelerated according to each individual situation. The protocol is NOT intended to be a comprehensive outline of all activities and restrictions.

This therapy protocol is intended for current patients of Dr. Hansen who are actively under his care. Dr. Hansen reserves the right to change all or part of this protocol based on individual patient progress. Please contact our office if you have questions or concerns.

Thank you for your care of our shared patient!

Frequency: 2-3 times per week for 6-12 weeks

1) Phase 1: Weeks 0-3

Goals: Early terminal PROM, advance AAROM/AROM

- a) Precautions
 - i) Use sling as needed for comfort
 - ii) Hold strengthening until full ROM has been achieved
- b) Day of surgery:
 - i) Pendulums
 - ii) Cold therapy
- c) Weeks 0-3
 - i) PROM only as tolerated
 - (1) Terminal ROM as tolerated in all planes

2) Phase 2: Weeks 4-6

Goal: Advance AROM, initiate strengthening

- a) Precautions
 - i) Discontinue sling
- b) Weeks 4-6
 - i) Full AROM
 - ii) Advance strengthening with full ROM

3) Phase 3: Weeks 7-12

Goal: Transition to HEP

- a) Precautions
 - i) None
- b) Weeks 7+
 - i) Advance full activity

Guide to advance activity (as tolerated and pending surgeon approval):

- 1-3 weeks: sedentary work if not taking narcotic medication
- 3-6 weeks: driving
- 6 weeks: manual job, full activity as tolerated