

### Arthroscopic Capsular Release

Sling for duration of block  
 Avoid aggressive stretching if increases pain  
 Active strengthening dictated by range progression  
 Check op note for range achieved

	week 0-4	week 4-6	week 6-12
pendular	•		
passive elevation / external rotation	•	•	
scapula stabilising	•	•	•
core stability	•	•	•
active assisted elevation / ext rotation/ int rotation	•	•	•
isometric exercises	•	•	•
active ROM	•	•	•
Strengthen		•	•
proprioception ( open and closed chain)		•	•

Milestones	
week 6	ROM greater than pre-op range ( anticipate ongoing pain)
6 months	full range of motion

Return to function	As ROM and pain allow
return to work	sedentary job- as able Manual job- as pain and ROM allow
driving	once adequate ROM and pain allows.
all sports	once pain and ROM allows