

Capsular Release and Debridement/Delayed Frozen Shoulder (with Bioinductive Patch)

If only capsular release and debridement performed, patient will begin PT next day. If Bioinductive patch was used, patient will begin at 2 weeks post-op and follow this same protocol including suggested frequency.

Suggested frequency:

- 5x/week x2 weeks
- 3x/week x2 weeks
- 2/week x4+ weeks, as needed

Goals of Rehab:

- Relieve pain & edema
- Restore motion
- Strengthen RTC and scapular stabilizers once motion is improved
- No restrictions

Phase I (0 – 7 days post-op)

- Wound care: Observe for signs of infection
- Modalities: PRN for pain and inflammation (ice, IFC)
- Sling:
 - Capsular release & debridement only: Sling for comfort only
 - With Bioinductive patch: Sling x2 weeks
- ROM:
 - Capsular release & debridement only: use of home CPM as directed by physician's team (typically 6-8 hours per day)
 - Avoid unnecessary compression of subacromial structures during passive and active abduction
- Exercises:
 - Pendulums
 - Pulleys
 - Cane AAROM
 - Stretches & PROM into all planes of motion
 - Posterior capsule stretching
 - Posture education
 - Avoid overuse of upper traps
 - Maintain normal scapulohumeral rhythm
- Manual therapy: Joint mobilizations (grades I & II) for pain control

Phase II (1 week – 4 weeks post-op)

- Wound care: Observe for signs of infection

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- Modalities: Continue PRN
- Sling: D/C use
 - If Bioinductive patch was used, DC sling at 2 weeks post-op
- ROM: Increase as tolerated
- Exercises:
 - Continue as in phase I
 - Progress AROM as tolerated
 - Pec stretch
 - Isometrics
 - Theraband for scapular stabilization (keeping arm below 90*)
- Manual therapy:
 - Joint mobilizations (grades I & II) for pain control and to improve arthrokinematics of GH joint

Phase III (4 + weeks)

- Strengthening:
 - Continue with phases I & II
 - Progressive strengthening as tolerated
 - Isometrics, free weights, theraband
 - Scapular stabilizers
 - Prone I/T/Y
 - Theraband
 - Plyometrics in all planes of motion PRN and as tolerated
- At 6 weeks post-op, can return to sports as tolerated

Adapted From:

- 1) Columbia University Shoulder, Elbow, and Sports Medicine Service, "Physical Therapy Protocol Arthroscopic Capsular Release ("Frozen Shoulder")"
- 2) SLU Care: The Physicians of Saint Louis University, "Shoulder Manipulation and Arthroscopic Capsular Release Rehab Protocol Prescription"
- 3) Beacon Orthopaedics & Sports Medicine, "Arthroscopic Capsular Release- Rehabilitation Protocol"
- 4) Consultation Scott Trenhaile, MD at OrthoIllinois