



Mufaddal M. Gombera, MD
Orthopedic Surgery and Sports Medicine
Fondren Orthopedic Group

POSTOPERATIVE REHABILITATION PROTOCOL

SHOULDER ARTHROSCOPY WITH CAPSULAR RELEASE FOR ADHESIVE CAPSULITIS

GENERAL

Sling for comfort, discontinue within a few days

Advanced rehab as tolerated, encourage regular advancement

Aggressive stretching in all planes

FF, ER in neutral, ER in 90, posterior capsule, etc

Utilize manual techniques (contract-relax) and modalities as needed

PHASE 1 – Passive

Pendulums to warm-up

Passive Range of Motion and Terminal Stretching

Supine-seated external rotation – full

Supine-seated forward elevation – full

Internal rotation – full

Cross arm push, IR with towel, ER in door

Door hang

Behind the head push

90 – 90 external rotation in door

Side-lying posterior capsule stretch

PHASE 2– Active

Progress when passive motion allows

Pendulums to warm-up

Active Range of Motion with terminal stretch

See above exercises

PHASE 3– Resisted

Progress when active motion allows

Pendulums to warm-up and continue with phase 2

External and internal rotation

Standing forward punch

Seated rows

Shoulder shrugs

Bicep curls

Bear hugs

WEIGHT TRAINING

Per PT discretion

Keep hands within eyesight, keep elbows bent

Minimize overhead activities

No Military press, pull down behind head, or wide grip bench

RETURN TO ACTIVITIES

Computer 1 – 2 weeks

Recreational sports 2 – 3 months