

**Dr. Ryan Nelson**  
861 Health Park Blvd.  
Grand Blanc, MI 48439  
(810) 953-0500  
[www.DrRNelson.com](http://www.DrRNelson.com)  
[ryan.Nelson@DrRNelson.com](mailto:ryan.Nelson@DrRNelson.com)

## **Shoulder Arthroscopic Capsular Release Rehabilitation**

### **Phase one: 0 to 4 weeks after surgery**

#### **Goals:**

1. Improve range of motion of the shoulder and prevent adhesions from forming
2. Begin gentle strengthening

#### **Activities**

##### 1. Sling

Your sling is not necessary except for comfort, unless Dr. Nelson instructs you to continue using it (use it for comfort only).

##### 2. Use of the operated arm

You can move your arm for normal daily activities without restriction, unless your Dr. Nelson gives you other instructions. Avoid lifting heavy objects and avoid forceful use of the arm

##### 3. Bathing and showering

There are no restrictions unless Dr. Nelson gives you other instructions. Do not submerge the incisions in the bath, hot tub, pool or lake until the skin is healed.

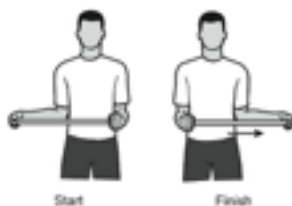
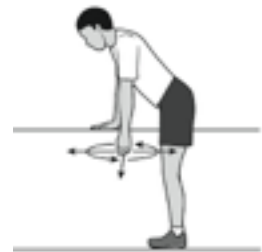
##### 4. Ice-continue to use Ice 20 minutes a time as needed. Don not place directly on skin

#### **Exercise Program**

Days per week: 7 Times per day: 2

1 set of 10-15 reps

- Pendulum exercises - Each direction for 2 minutes
- Supine External Rotation
- Standing External Rotation
- Supine passive arm elevation Seated-Standing Arm Elevation
- Behind the back internal rotation
- Supine external Rotation with Abduction Supine Cross Chest Stretch
- Side-lying Internal Rotation
- Prone Horizontal Arm Raises



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### **Shoulder Arthroscopic Capsular Release Rehabilitation**

Phase Two: 4 to 12 weeks after surgery

#### **Goals:**

1. Regain full range of motion
2. Continue gentle strengthening

#### **Activities:**

Use of the operated arm

You may now safely use the arm for most normal daily activities. Any forceful pushing, pulling or lifting activities should continue to be avoided.

#### **Exercise Program**

##### **STRETCHING / ACTIVE MOTION**

Days per week: 7 Times per day : 1-2

1-2 sets 10-15 reps

Pendulum exercises

Standing External Rotation / Doorway Wall Climb Stretch

Corner Stretch

Standing Forward Flexion

Behind the back internal rotation

Supine external Rotation with Abduction Supine Cross Chest Stretch

Side-lying External Rotation / 1 lb. Prone Horizontal Arm Raises / 1 lb.

##### **STRENGTHENING / THERABAND**

1-2 sets 15-20 reps

External Rotation

Internal Rotation

Standing Forward Punch

Shoulder Shrug

Seated or standing Row

Biceps curl