Shoulder Manipulation and Arthroscopic Capsular Release Rehab Protocol

Prescription

Patient Name:                                      Date:
Diagnosis: Adhesive capsulitis                    Frequency: 2-3 visits/week  Duration: 4 months

WEEKS 1-6
• D/C sling on first post-op day
• Anti-Inflammatory Modalities as needed
• Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)
• Codman's, pendulums, pulleys, cane assistive ROM
• INSTRUCT IN HOME PROGRAM - TO BE DONE DAILY.
• Biceps / triceps isotonics /Elbow & Wrist motion exercises
• Scapular stabilization exercises
• Cardiovascular training as tolerated (Running, bike)
• Anterior and Posterior capsular stretch after warm-up
• Recommend 4-5 visits during the first week postoperatively; then 3x per week

WEEKS 6+
• Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)!
• Continue upper extremity PREs
• Continue scapular stabilization / strengthening exercises
• IR / ER isotonic exercises below horizontal (emphasize eccentrics)
• Biceps PRE's
• Continue with shoulder and neck flexibility exercises
• Modalities PRN
• Functional activities begin week 6 (ADLs, Sports)
• Plyometrics

Concerns or questions:
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Physician Signature: