

GARRETT COUNTY ORTHOPAEDICS

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Shoulder Arthroscopy with Capsular Release / LOA

INPATIENT: Post-operative day (POD) 1 through discharge (d/c) from hospital

PT Sessions: Afternoon visit after surgery and daily supervised sessions

Sling: Shoulder immobilizer or sling

1. Wear as needed for comfort
2. Remove 3x/day for PT exercises, and for personal hygiene

Exercises:

1. Grip Strength w/ foam ball, towel, putty to squeeze repetitively
2. Hand, wrist, elbow full active range-of-motion (AROM)
3. Shoulder passive pendulum exercises in sling or forearm supported
4. Assisted passive range-of-motion (PROM) of shoulder to tolerance

PHASE I: Hospital d/c through Week 2 – EARLY ROM MAINTENANCE

PT Sessions: 5 supervised sessions per week with physical therapist

Sling: d/c sling as tolerated

Exercises:

1. Grip Strength w/ foam ball, towel, putty to squeeze repetitively
2. Hand, wrist, elbow full AROM w/ light weights (1-3 lbs.; incr. prn)
3. Modified passive pendulum exercises in sling or forearm supported
4. **Supine assisted PROM shoulder to maximum limits;** include wand/stick, pulley, wall climbs, assistance from opposite UE, etc...
5. **Active assisted range-of-motion (AAROM) to maximum tolerance**
6. Scapular retraction and protraction (pinch/spread shoulder blades)
7. Cross chest (posterior capsule) stretch

PHASE II: Week 2 - 6 – EARLY STRENGTHENING & ENDURANCE

PT Sessions: 2-3 supervised sessions per week with physical therapist

Exercises:

1. Continue PHASE I exercises

Aerobic Conditioning:

1. Stationary bike, elliptical trainer, stairmaster
2. May walk on treadmill; NO running
3. Upper body cycle up to 5 min forward and 5 min backward

PHASE III: Week 6 - 12 – ADVANCED STRENGTHENING & ENDURANCE

PT Sessions: 1-2 supervised sessions per week with physical therapist

Exercises:

1. Continue all previous exercises
2. Address all residual strength and ROM impairments
 - a. Capsular stretches as needed
 - b. Progressive resistance exercises for shoulder girdle complex
3. Full ADL's prn with no lifting > 20 lbs.
4. Start with wall push-ups; progress to push-ups on table, then to knees
5. Basic aquatic (pool) therapy if available
6. Functional / job-specific training exercises

Aerobic Conditioning:

1. May jog or run on treadmill as long as shoulder is PAIN FREE
2. Upper body cycle up to 10-15 min forward and 10-15 min backward

Criteria for Progression to PHASE IV:

1. Full shoulder AROM
2. Full strength per manual or isokinetic muscle testing
3. Pain-free ADL's and functional training exercises

PHASE IV: Week 12 – 24 (6 months) – RETURN TO FULL DUTY

When rehabilitation goals are met:

1. Full shoulder AROM
2. Full strength per manual and isokinetic testing

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