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Physical Therapy Prescription-Arthroscopic Capsular Release

Name: _____ Date: _____

Diagnosis: R / L arthroscopic capsular release DOS: _____

Please tell Dr. Hennigan's team where you will be doing your post-op PT. It is advisable to schedule your 1st PT visits within 2-3 days of your procedure.

Weeks 0-6 **Sling:** wear at all times until interscalene nerve block wears off, then discontinue

Range of Motion: Early goal is to maintain range of motion.

- Physical Therapy should begin within 3 days of surgery. With aggressive stretches and capsular mobilizations at least 3 times/week.
- If prescribed continuous passive motion machine (CPM), use for 30 minutes at a time 3 times per day (every 6 hours). Do NOT use CPM until block has worn off and you can control movements in your arm.
- When you come out of CPM, terminal stretches for 5-10 minutes recommended.
- Use of pulleys encouraged between CPM sessions
- Elbow, forearm, hand motions unrestricted
- Progress PROM to AROM as tolerated

Exercise: In addition to above stretches, protraction and retraction

Modalities: Per therapist. Plan to apply ice after every session of stretching/PT

Weeks 6+ **Range of Motion:** full ROM in all planes

Exercise: May begin strengthening, but not at expense of range of motion

Modalities: Per therapist. Plan to apply ice after every session of stretching/PT