



JOSHUA ALPERT, MD

Dr. Joshua Alpert  
 Post-Operative Rehabilitation Protocol:  
 Shoulder - Arthroscopic Capsular Release  
 with Manipulation Under Anesthesia

	<b>Range of Motion</b>	<b>Sling</b>	<b>Exercises</b>
<b>PHASE I</b> 0-4 weeks	Passive and active range as tolerated	Remove sling the day after surgery	0-2 weeks: initiate outpatient PT 5x a week starting day after surgery  Aggressive PROM and capsular stretching; closed chain scapula  2-4 weeks: Continue PT 3x per week, continue capsular stretching: PROM, joint mobilization to max tolerance  Deltoid, cuff isometrics, begin scapular protraction/retraction
<b>PHASE II</b> 4-8 weeks	Continue increasing as tolerated to full	none	Advance isometrics, rotator cuff and deltoid  Advance to therabands, dumbbells as tolerated  Progress to work conditioning

<b>PHASE III</b> 8-16 weeks	Progress to full motion without discomfort	none	Advance strengthening as tolerated begin eccentrically resisted motions and closed chain activities  Advance to sport and fully activity as tolerated after 12 weeks  Begin work conditioning
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