



JOSHUA ALPERT, MD

Dr. Joshua Alpert
 Post-Operative Rehabilitation Protocol:
 Shoulder – Capsular Release with Manipulation

	Range of Motion	Sling	Exercises
PHASE I 0-4 weeks	Passive and active range as tolerated	Remove sling the next day	0-2 weeks, initiate outpatient PT 5x a week starting the 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
PHASE II 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
PHASE III 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 full activity as tolerated after 12 weeks Continue work conditioning

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