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SHOULDER ARTHROSCOPIC DEBRIDEMENT OR CAPSULAR RELEASE
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-4 weeks	Avoid heavy lifting	Sling for comfort (1-2 days), then discontinue	Passive to Active shoulder ROM as tolerated - (140 deg forward flexion) - 40 deg ER with arm to side - IR to back -	- Pendulums, active and passive ROM - Grip strength - Elbow/wrist/hand ROM - Avoid abduction and 90/90 ER until 4 weeks -
<i>PHASE II</i> 4-8 weeks	WBAT	None	Advance as tolerated - Goal FF 160 deg, ER to 60 deg	- Begin isometric exercises - Progress deltoid isometrics - ER/IR (submaximal) at neutral -theraband exercises
<i>PHASE III</i> 8-12 weeks	WBAT	None	Full	-Strengthening as tolerated (3x per week) - Begin eccentrically resisted motion and closed chain activities -