



## JONAS R. RUDZKI, MD

SPORTS MEDICINE ORTHOPAEDIC SURGEON,  
SPECIALIZING IN SHOULDER & KNEE SURGERY

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### REHABILITATION PROTOCOL & PHYSICAL THERAPY INSTRUCTIONS:

#### Shoulder Arthroscopy & Capsular Release

Date of Surgery: \_\_\_\_\_ Duration (weeks): \_\_\_\_\_

Visits per week: 4-5 x 2 weeks, then 3-4 x 2 weeks, then 3 x 2 weeks, then 2 x 4 weeks

#### WEEKS 1 - 6

- Anti-Inflammatory Modalities (Ice!)
- Range of motion exercises to tolerance (ABD, FF, ADD, ER)!
- Emphasize passive supine FE & ER; incorporate abdxn & addxn; limit IR until week 3
- Codman's, pendulums, pulleys (after FE > 85 degrees), cane-assisted ROM
- INSTRUCT HOME PROGRAM – TO BE DONE 2x DAILY.
- Biceps / Triceps Isotonics /Elbow & Wrist motion exercises
- Scapular Stabilization Exercises; Scapular Mobilizations
- Anterior and Posterior capsular stretch after warm-up
- Recommend 3 visits during the first week postoperatively; then 2-3x per week
- Cardiovascular training as tolerated (Running, bike)
- Special: \_\_\_\_\_

#### WEEKS 6- 12

- Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)!
- Continue upper extremity PREs
- Continue scapular stabilization / strengthening exercises
- IR / ER isotonic exercises below horizontal (emphasize eccentrics)
- Biceps PRE's
- Continue with shoulder & neck flexibility exercises
- Modalities PRN
- Functional activities begin week 6 (ADLs, Sports)
- Plyometrics

**Please Send Progress Notes & Call with Questions**

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