

Rehab protocol – Arthroscopic shoulder capsular release

Time Frame	Rehab Guidelines	Goals / Advice
Day of Surgery	Check post-op notes Immediate active assisted exercises Anterior elevation and external rotation with stick/pole	Procedure range achieved Needs next working day Physiotherapy appointment.
Day 1	Check ROM Capsular stretching at least 20 minutes slow sustained per day Continue active assisted exercises Check analgesia management Pulley exercise programme Passive mobilisation techniques Isometric rotator cuff exercises Scapular stabilisation exercises – movement pattern correction	Driving – 1 week if comfortable and safe Work : Sedentary – 1-2 weeks if comfortable Light manual – 4-6 weeks Heavy – 8-12 weeks /discuss with consultant
2 - 6 weeks 1 st Surgeon Review	Active ROM Strengthening exercises through range – theraband, gym weights, press-ups Continue to check quality elevation/abduction movement	On table ROM achieved Start gym rehab if appropriate
12+ weeks 2 nd Surgeon review	Aim for maximum ROM Functional task rehabilitation – sports/work Check rotator cuff activity through range	Good scapulohumeral rhythm
Complications	Failure to improve ROM, persisting stiffness and pain	
Final goals	Good functional ROM, regained on table ROM at 6-12 weeks. Return to clinic if ROM not regained. Return to work Complete pain relief would take 9-12 months.	<u>Outcome measure</u> – Oxford Shoulder Score.

