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## Rehabilitation Protocol Frozen Shoulder Capsular Release

### **Phase I: Maintain ROM** (0 to 6 weeks)

- Patients may shower postop day # 3.
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be used for comfort only.
- CPM (optional) or pulleys to be used 3-4 times per day.
  
- Supplement exercise program 3 times per day:
  - Immediate elbow, forearm and hand range of motion out of sling
  - Pendulum exercises
  - Aggressive PROM and capsular mobility in all planes
- Supervise PROM and capsular stretching 3 times per week - initial 3 weeks.
- May start active scapular mobility exercises immediately.
- Initiate AROM when tolerated.

### **Phase II: Restore Function** (>6weeks)

- Initiate gentle rotator cuff strengthening.
- Continue scapular stabilizer strengthening.
- Avoid strengthening in positions of impingement.

### **RETURN TO ACTIVITIES**

Computer	As soon as tolerated
Driving	When no longer taking narcotics
Golf	6 weeks
Weight training	6 weeks
Tennis	6 weeks
Swimming	6 weeks