

ARTHROSCOPIC CAPSULAR RELEASE/MANIPULATION PROTOCOL
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PATIENT _____

DATE OF SURGERY _____

PRE-OP VISIT

- PT or OT evaluation
- Patient education
 - Procedure to be performed
 - Importance of compliance with HEP
 - Instruct appropriate positioning away from side during sleep / sitting times
 - Use of sling / cold packs
- Home exercise program
- Instruct in home program
 - Initial program is kept simple to basic ROM
 - To be performed by family member every 2-3 hours, 3 repetitions, 20-30 second hold
 - Flexion, abduction, ER and IR at 90 degrees abd, horizontal adduction, IR behind the back
- Set up post-op visit
 - see patient in recovery room day of procedure
 - daily x 2 weeks as indicated

POST-OP VISIT IN RECOVERY ROOM

- See patient in recovery when patient is transferred to chair
- Nursing staff to contact PT/OT to inform of therapist when patient is ready
- PT/OT to review post-op orders
- Evaluate ROM
- Review HEP with patient/family and reinforce importance of compliance
 - Frequent movement
 - Appropriate positioning
 - Use of cold packs
 - Elimination of sling when motion control has returned

DAY ONE POST-OP

- Initially focus on ROM
- Progress HEP to self ranging (wand, pulley, pendulum with weight, AROM)
 - Perform 5-6 minutes 5x/day
- Joint Mobilization
- Manual PROM

SUBSEQUENT VISITS

- See daily if needed, then less
- Continue Joint Mobs
- Progress as indicated
- Gradually introduce strength program
- Continue focus on ROM

Physician Signature: _____