



Physical Therapy Protocol Arthroscopic Capsular Release (“Frozen Shoulder”)

Columbia University Shoulder, Elbow and Sports Medicine Service

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Immediate Postoperative Period

- Sling for comfort only
- Maintain Range of motion obtained in operating room (see attached operative note)
- Modalities PRN
- 1st therapy visit **MUST** be within 1-2 days from the surgical procedure
- Please instruct patient and, if possible, a family member on proper techniques for home exercises

1- 6 weeks (Goals: Maintain ROM and Decrease Pain)

- No sling
- PT 3-4x/week as directed by physician
- Progress to full range of motion – no restrictions
- Must not let pain be limiting factor to maintaining motion obtained in the operating room – please consult physician if this is an issue.
- Recommend pre-medication prior to PT session to maximize visit

6-12 weeks (Goal: Resume normal function)

- Increase strength – resistive