



Arthroscopic Shoulder Capsular Release

Range of Motion

- Initiated on day of surgery, either in PACU or on MSU floor, depending on time of surgery.
- OT treatment 1-2x on POD #0 and 1x POD #1 prior to discharge
- A/AA/PROM to tolerance in ALL planes of shoulder, especially forward elevation and rotation.
 - AROM may not be possible initially due to motor block from interscalene catheter.
- If motor blocked, perform PROM to operated extremity.
- Initiate use of dowel and other A/AAROM exercises on POD #0 if patient has sufficiently awakened from anesthesia.
- Begin use of pulleys from BREG exercise kit POD #1 in am.
- Patient is educated to perform ROM exercises 4-5x daily and utilize the extremity as much as possible with functional tasks.
- CPM will likely be ordered for use 15 minutes, 4 times daily. Do NOT initiate until majority of motor block has been resolved.

Activities of Daily Living

- Perform or review verbally with patient POD #1 in am
 - No showering until incisions are healed; patient should check with Dr. Reilly or Dr. Rump's staff in follow-up appointments.
 - Utilize operated extremity as much as possible with ADLs, avoiding heavy lifting.

Follow-up Care

- To be discussed POD #1 in am
 - Patient will schedule a follow-up appointment with Dr. Reilly or Dr. Rump.
 - Weight bearing as tolerated immediately after procedure – no restrictions.
 - Patient may go home with interscalene catheter for pain management to maximize ROM.