



Shoulder Capsular Release Protocol

	RANGE OF MOTION	SLING	EXERCISES
PHASE I 0-4 weeks	Passive to active range as tolerated	0-2 weeks: Worn for comfort Only 2-4 weeks: Discontinue	0-2 weeks: Initiate outpatient PT ASAP. Aggressive PROM and capsular stretching; closed chain scapular. 2-4 weeks: Continue capsular stretching: PROM, joint mobilization to max tolerance ** Deltoid, cuff isometrics, begin scapular protraction/retraction.
PHASE II 4-8 weeks	Increase as tolerated to full	None	Advance isometrics, rotator cuff and deltoid* Advance to therabands, dumbbells as tolerated ** Continue capsular stretching and PROM.
PHASE III 8-16 weeks	Progress to full motion without discomfort	None	Advance strengthening as tolerated begin eccentrically resisted motions and closed chain activities. Advance to sport and full activity as tolerated after 12 weeks.