

Capsular Release for Frozen Shoulder **Physical Therapy Protocol**

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Patient Name: _____

Date of Surgery: _____

___ **Phase I (0-2 wks): PT 3-4x weekly, HEP daily.**

- **Goals:** Edema and pain control. Prevent ROM loss
- **Sling:** For comfort only.
- **Home Exercises:** Aggressive shoulder PROM, capsular stretching, closed chain scapula stabilization exercises, codman/pendulums, elbow and wrist ROM, grip strengthening.

___ **Phase II (2-4 wks): PT 2-3x weekly, HEP daily.**

- **Goals:** Edema and pain control. Prevent ROM loss.
- **Sling:** Discontinued
- **Home Exercises:** Initiate deltoid and rotator cuff isometrics and scapular protraction/retraction. Continue aggressive PROM, capsular stretching, closed chain scapula stabilization exercises, codman/pendulums, elbow and wrist ROM, grip strengthening.

___ **Phase III (4-8 wks): PT 2-3x weekly, HEP daily.**

- **Goals:** Full ROM.
- **Home Exercises:** Advance isometrics of rotator cuff and deltoid, advance to therabands/dumbbells as tolerated. Continue aggressive PROM and capsular stretching.

___ **Phase IV (8-16 wks): PT 2-3x weekly, HEP daily.**

- **Goals:** Full ROM and return to activities.
- **Home Exercises:** Advance strengthening as tolerated. Begin eccentrically resisted motions and closed chain activities.
- **Return to full activities/sports:** 12 weeks