



CONCORD ORTHOPAEDICS

ARTHROSCOPIC CAPSULAR PPLICATION

Rehab Protocol # 14
Peter G. Noordsij, M.D.

PHASE I - PROTECTION POST-OP 0 – 6 WEEKS

- Immobilization in neutral position (Gunslinger Orthosis) 0°
- Out daily for elbow ROM & neck ROM
- Squeeze ball/sponge for grip strength
- Scar massage

PHASE II - MOBILIZATION POST-OP 6 – 12 WEEKS

- Wean from brace
- Begin with pendulums → AAROM/PROM → AROM
- Isometrics 6 – 8 weeks, light therabands at 10 weeks
- Scapular stabilization
- Continue scar massage, elbow ROM & neck ROM

PHASE III - STRENGTHENING POST-OP 12 – 16 WEEKS

- Can transition to PRE's
- Continue ROM & scapular stabilization
- Return to non contact sports if ROM allows

NOTES:

- Often some stiffness initially
- No contact/collision sports for 6 months