
Post-Op Protocol for Gregory V. Gomez, MD
Arthroscopic Capsular Release

Day of Surgery – Day 3

- Patient will have indwelling pain catheter
- PROM in PROM for three days straight w/ PT direction
- Maintain sling use

Day 3 – week 6

- Wean out of sling
- PROM and AROM in PT
- Scapular stabilization, rhomboid and lower trapezius strengthening
- Use arm for ADLs

Week 6

- Add deltoid, rotator cuff, and periscapular strengthening