

Dr Kumar Capsular Release Protocol

Revised 6th April 2020

Prehab (STAGE 0)

- scapulothoracic retraining
- cuff strengthening
- patient will usually have had a trial of hydrodilatation – therapy protocol will mimic a post-hydrodilatation protocol

0-6 weeks (STAGE 1)

- **patient will have 2-3 day inpatient stay under interscalene pain catheter will full AROM. Physio will see several times daily as an inpatient**
- **push full AROM**
- **push limits of ROM at the end of the patient's range**
- scapulothoracic retraining and humeral head positioning exercises
- pendular exercises
- grip strength exercises
- elbow and wrist ROM (PROM elbow if biceps tenodesis)

6 weeks-3 months (STAGE 2)

- progress strengthening and dynamic upper limb activity
- reintegrate sport-specific activity and manual labour
- phase of return to pre-injury level of function

3+ months (STAGE 3)

- integrate exercises into patient's **long term daily routine**
- support and ongoing reinforcement about the risk of recurrence

Timing of Dr Kumar's Post-Operative Appointments

- **2 weeks (Clinical Nurse Specialist)**
- **8 weeks**
- **16 weeks (if required)**

If you have any concerns during prehab/rehab please contact Dr Kumar directly for assistance or more urgent follow-up.