

**Physical Therapy Protocol:
CAPSULAR RELEASE / FROZEN SHOULDER**

Recommendation: PT/ OT 2-3 visits per week for 8-10 weeks

Immediate Postoperative Period: First 5-7 days (Goal: Prevent stiffness)

- Physical Therapy 1-2 times daily
- Sling for comfort only. Discontinue first 1-2 days.
- PROM to full
- AAROM (wand, self-stretch)
- Ice 3-4x daily

7 Days-2 Weeks (Goal: Maintain Full ROM)

- Upper body exercises as tolerated
- AROM
- Ice following exercises

2 Weeks + (Goal: Strengthening)

- PRE: hand weights or TheraBand resistance within pain-free ROM
- Impingement exercises
- Scapulothoracic exercises
- Wall push-ups, supine punch-ups
- IR and ER
- Rowing, Shrugs, Press-ups
- Prone scapular retraction with horizontal abduction
- Resume sport-specific activities (progression toward full activity)