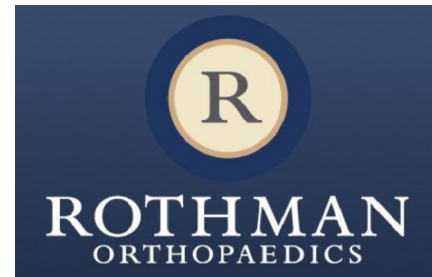


Brandon J. Erickson, MD  
Mackenzie Lindeman, ATC  
176 3<sup>rd</sup> Ave New York, NY  
658 White Plains Rd Tarrytown, NY  
450 Mamaroneck Rd Harrison, NY  
Phone: 914-580-9624  
Brandon.erickson@rothmanortho.com  
Mackenzie.lindeman@rothmanortho.com  
<https://rothmanortho.com/physicians/brandon-j-erickson-md>



**Capsular Release Physical Therapy Protocol**

Name \_\_\_\_\_ Date \_\_\_\_\_

Diagnosis s/p RIGHT/LEFT Capsular Release

Date of Surgery \_\_\_\_\_

Frequency: \_\_\_\_\_ times/week      Duration: \_\_\_\_\_ Weeks

\_\_\_\_\_ Weeks 0-4:

Stop sling use within 3 days  
Begin using CPM machine at home 1 day post-op as instructed  
Focus on ER at 0° immediately  
Progress full pain-free ROM arc A/AA/PROM no limitations, focus on IR and ER at 90° abduction in supine position  
Work on FF and ABD with stabilization of the scapula.

\_\_\_\_\_ Week 4-6:

Begin Rotator Cuff and Scapular Stabilization strengthening, begin at 0° and progress to 45°/ 90° as tolerated in Pain Free Arc

\_\_\_\_\_ Months 3-12:

Begin resisted IR/BE (isometrics / bands); isometric → light bands → weights  
Advance strengthening as tolerated; 10 reps / 1 set per exercise for rotator cuff, deltoid, and scapular stabilizers  
Increase ROM to fill with passive stretching at end ranges  
Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.

Comments:

\_\_\_\_\_ Functional Capacity Evaluation      \_\_\_\_\_ Work Hardening/Work Conditioning      \_\_\_\_\_ Teach HEP

Modalities

\_\_\_\_\_ Electric Stimulation      \_\_\_\_\_ Ultrasound      \_\_\_\_\_ Iontophoresis      \_\_\_\_\_ Phonophoresis      \_\_\_\_\_ TENS      \_\_\_\_\_  
Heat before      \_\_\_\_\_ Ice after      \_\_\_\_\_ Trigger points massage      \_\_\_\_\_ Therapist's discretion

Signature \_\_\_\_\_ Date \_\_\_\_\_