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**Patient Name:**

**Date:**

**Date of Surgery:**

**Shoulder Rehabilitation:  
Arthroscopic Capsular Release**

**WEEKS 1 - 6**

- Anti-Inflammatory Modalities (Ice!) – as needed
- Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)!
- Codman's, pendulums, pulleys, cane assistive ROM
- INSTRUCT HOME PROGRAM – TO BE DONE DAILY.
- Biceps / triceps isotonic / Elbow & Wrist motion exercises
- Scapular stabilization exercises
- Cardiovascular training as tolerated (Running, bike)
- Anterior and Posterior capsular stretch after warm-up
- Recommend 4-5 visits during the first week postoperatively; then 3x per week
- Special: \_\_\_\_\_

**WEEKS 6- 12**

- Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)!
- Continue upper extremity PREs
- Continue scapular stabilization / strengthening exercises
- IR / ER isotonic exercises below horizontal (emphasize eccentrics)
- Biceps PRE's
- Continue with shoulder and neck flexibility exercises
- Modalities PRN
- Functional activities begin week 6 (ADLs, Sports)
- Plyometrics

Please send progress notes.

**Physician's Signature:** \_\_\_\_\_  
**Gregory Galano, MD**