



Capsular Release CPM and Rehabilitation Protocol

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Range of motion prior to release:	Range of motion post operatively:
Forward flexion:	Forward flexion:
External Rotation:	External Rotation:
Abduction:	Abduction:
Abduction with external rotation:	Abduction with external rotation:

CPM Machine:

Shoulder Elevation (in scapular plane)

- Starting range of motion (ROM) should be set at 60° but can go up to 120° depending on postoperative findings and patient comfort.
 - Per patient's findings during surgery:
- The goal is to increase the ROM by 5° or more twice a day as much as tolerated Shoulder External/Internal Rotation

External and internal rotation:

- Machine will need to be stopped in elevation between 45-60° and the motor turned off
- Next the motor controlling external/internal rotation will be activated for a ROM to 60° of external rotation and 30° of internal rotation.

General Guidelines:

- Try to use the CPM 6 hours a day
- Increase as much as tolerated daily CPM Recommended Hours of Use Per Day
- Optimally 2 hours at a time, 3 times a day
- Ideally, the hours should be split into 4 hours of elevation and 2 hours of external/internal rotation
- Each morning when you use the CPM start with the ROM settings a little lower for a few minutes to warm up the joint and help you get your shoulder moving again then increase as Tolerated.

Rehab Protocol:

Post op phase	Sling	Range of motion	Exercises
Phase I 0-2 weeks	On as needed basis	Passive range of motion	Initiate outpatient PT according to Rx Aggressive PROM and capsular stretching*; closed chain scapula
Phase II 2-6 weeks	Discontinue	2-4 weeks: Increase to active range of motion as tolerated 4 weeks: Active range of motion	Starting at 4 weeks: Advance isometrics, rotator cuff and deltoid* Advance to TheraBands, dumbbells as tolerated** Continue capsular stretching and PROM
Phase III 6-16 weeks	Discontinue	Full active range of motion	Advance strengthening as tolerated begin eccentrically resisted motions and closed chain activities Advance to sport and fully activity as tolerated after 12 weeks

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