



THE ARM DOC

www.TheArmDoc.co.uk

Professor M. A. Imam

MD, D.SportMed, PhD, FRCS (Tr and Orth)

Subspecialist in Upper limb and Complex trauma reconstruction

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M A Imam Postoperative rehab for CAPSULAR RELEASE

	Post op
Day 1-3 Weeks	<ul style="list-style-type: none">• Sling until block wears off, wean off ASAP• Teach active assisted exercises in all planes, progressing to Active as able• Postural awareness and scapular setting
3-6 Weeks	<ul style="list-style-type: none">• Progress active range of movement• Progress strengthening

Milestones	
Week 3	Full passive range of movement
Week 6	Full active range of movement, good scapular control

Return to Functional Activities

Driving	Once ROM and muscular power restored & pt feels safe
Swimming	As pain allows
Golf	6 weeks



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Racquet Sports/Repeated	2-3 months
Overhead Activities	
Lifting	As able
Work	Sedentary - As able
	Manual - 6 weeks, may need to modify activity for 3 months

PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 5 DAYS