

ARTHROSCOPIC CAPSULAR RELEASE

YOU WILL BE IN THE HOSPITAL FOR 2 DAYS FOLLOWING YOUR SURGERY

After you go home...

Immediate post-op care:

DAY 2: Remove bandages and replace with band aids (over the steri-strips)

Showering: Do not get incisions wet for the first 7 days

Pain medications: Take as prescribed

PHASE 1 (week 1 and week 2)

NO SLING

Physical therapy EVERY DAY FOR THE FIRST TWO WEEKS!

Medrol dose pack: Begin on the 8th day after your surgery

Naprosyn: Take 1 tablet in the morning and at night with breakfast and dinner for 30 days

PHASE 2 (week 3-8)

Physical therapy: 2-3 times per week, focusing on MOTION

IT IS IMPERATIVE THAT YOU GET INTO A POOL AT WEEK 2

Stretch every hour of everyday when you are not in physical therapy.

No lifting (nothing heavier than one pound)

PHASE 3 (week 8 +)

Physical therapy: 2-3 times per week. Begin strengthening with the therapist.

Gradual return to normal activities