

## **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 8<sup>th</sup> 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**