

Anterior Capsular Repair Protocol
Richard Johnston, MD

I. Preoperative instructions

- A. Explain that athlete must wear immobilizer to sleep for four weeks, and then the athlete will be out of the immobilizer into a sling during the daytime as soon as possible. The sling should be used for 3-4 weeks.
- B. Stress **no** overhead activity for 6 weeks.
- C. Discuss rehabilitation program and progression.

II. Phase I (weeks 0-6)

A. Weeks 0-2

- 1. Use modalities (ex. ice, electrical stimulation) for pain
- 2. Immediate postoperative hand and elbow exercises:
 - a. Gripping with putty
 - b. Wrist range of motion
 - c. Elbow range of motion
 - d. Goal: obtain full wrist and elbow range of motion on first postoperative day
- 3. Initiate following exercises:
 - a. Pendulum
 - b. Rope-and-pulley, active assisted
 - 1. Shoulder flexion to 90 degrees
 - 2. Shoulder abduction to 60 degrees
 - c. T-bar exercises
 - 1. External rotation to 45 with arm abducted at 40 degrees
 - 2. Shoulder flexion and extension
 - 3. AROM - cervical spine
 - 4. Isometrics
 - a. Flexion
 - b. Extension
 - c. Abduction
 - d. External rotation
 - e. Internal rotation
 - d. Goal: 90 degrees flexion, 45 degrees abduction, 45 degrees external rotation, active assisted

B. Weeks 2-4

- 1. All exercises performed to tolerance - take to point of pain and / or resistance and hold.
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- 2. Exercises:
 - a. External rotation to 60 degrees with 90 degrees of shoulder abduction with T-bar
 - b. Internal rotation to 65 degrees with 90 degrees of shoulder abduction with T-bar
 - c. Shoulder flexion and extension to tolerance with T-bar
 - d. Shoulder abduction to tolerance with T-bar
 - e. Shoulder horizontal abduction and adduction to tolerance with T-bar
 - f. Rope-and pulley in flexion and abduction, as tolerated.
 - g. Continue isometrics
- 3. Begin PRE with elbow program
- 4. Begin joint mobilization techniques

C. Weeks 4-6

- 1. Continue all exercises listed above to tolerance, increasing degrees:
 - a. External rotation to 75 degrees at 90 degrees of shoulder abduction with T-bar
 - b. Internal rotation to 80 degrees at 90 degrees of shoulder abduction

III. Phase II (weeks 6-10)

A. Weeks 6-8

- 1. Range of motion exercises:
 - a. Continue all T-bar exercises listed above.
 - b. Gradually increase ROM to full ROM by week 8
- 2. Begin strengthening exercises (progress 0 to 5 lbs.)
 - a. Shoulder flexion
 - b. Shoulder abduction
 - c. Supraspinatus
 - d. Prone extension
 - e. Prone horizontal abduction
 - f. Prone horizontal abduction at 100 degrees
 - g. Side-lying external rotation
 - h. Biceps curls
 - i. Triceps curls
 - j. Shoulder shrugs
 - k. Progressive push-ups
 - l. Continue tubing at 0 degrees of abduction for external and internal rotation
- 3. Begin neuromuscular control exercises for scapular stabilization

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- B.□ Weeks 8-10**
- 1.□ Continue all ROM and strengthening exercises listed above
- 2.□ Initiate tubing exercises for rhomboids, latissimus dorsi, biceps and triceps
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- IV.□ Phase III (weeks 11-16)**
- A.□ Weeks 11-13**
- 1.□ Continue PRE program
- 2.□ Continue tubing program
- 3.□ Begin shoulder eccentric program
- 4.□ Begin tubing in diagonal patterns
- 5.□ Begin isokinetic exercise, as tolerated
- 6.□ Initiate high-speed tubing exercise, as tolerated
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- B.□ Weeks 14-16**
- 1.□ Continue all exercises above
- 2.□ Emphasize gradual return to recreational activities
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- V.□ Phase IV (weeks 16-26)**
- A.□ Maintenance PRE, tubing and ROM programs
- B.□ Isokinetic testing (18-20 weeks)
- C.□ Begin sport specific training programs between weeks 16-24