

# Anterior Capsule Reconstruction

Name \_\_\_\_\_ DOS: \_\_\_\_\_  
 Dr. Alexander Strassman, DO DX: \_\_\_\_\_

	Week/month	Week														
	Protection (PROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
<b>PROM Restrictions</b>	<b>DATE</b>															
	Scapular Retraction-Depression			•	•	•	•									
	FE: Cervical ROM Exercises	•	•	•	•	•	•									
	ER: Elbow/Hand/Wrist ROM	•	•	•	•	•	•									
	IR: Pendulums			•	•	•	•	•	•	•	•					
	ABD: AAROM			•	•	•	•	•	•	•	•	•				
	Ankle Pumps to prevent DVT's	•	•	•	•	•	•									
	<b>Begin Full AROM:</b>	<b>Passive ROM</b>														
		External Rotation**	30	30	30	30	•	•	•	•	•	Continue PROM until full ROM is achieved.				
	<b>Sling</b>	Forward Elevation & Scaption	•	•	•	•	•	•	•	•	•					
Abduction		•	•	•	•	•	•	•	•	•						
Internal Rotation to Belt Line		•	•	•	•	•	•	•	•	•						
	Internal Rotation			•	•	•	•	•	•	•	Avoid Combination 90/90 ABD/ER for 12 weeks					
	<b>Active Range of Motion (AROM)</b>	1	2	3	4	5	6	7	8	9						10
<b>T.E.D. Hose</b> 2 Weeks to prevent DV	<b>Active Assist ROM</b>															
	Internal/External Rotation (30)				30	•	•	•	•	•	•	•	•	•	•	
	Forward Elevation & Scaption				•	•	•	•	•	•	•	•	•	•	•	
	<b>Isometrics-Light</b>															
	Internal/External Rotation			•	•	•	•	•	•	•	•	•	•	•	•	
	Flexion/Extension			•	•	•	•	•	•	•	•	•	•	•	•	
	<b>Active ROM</b>															
	Sidelying External Rotation							•	•	•	•	•	•	•	•	•
	Forward Elevation & Scaption (lawn chair progression)							•	•	•	•	•	•	•	•	•
	progression)							•	•	•	•	•	•	•	•	•
<b>Time Lines</b> Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)	ER							•	•	•	•	•	•	•	•	
	Prone Lower Traps							•	•	•	•	•	•	•	•	
	Prone Extensions with ER							•	•	•	•	•	•	•	•	
	Open Chain Proprioception							•	•	•	•	•	•	•	•	
	<b>Stretches</b>															
	Door Jam Series										•	•	•	•	•	•
	Towel Internal Rotation								•	•	•	•	•	•	•	•
	Cross Arm Stretch								•	•	•	•	•	•	•	•
	Sleeper Stretch								•	•	•	•	•	•	•	•
	**TV Watching Stretch										•	•	•	•	•	•
<b>Precautions</b> Progress External Rotation cautiously to avoid overstretching the shoulder.	Stretch											•	•	•	•	
	<b>(ADL's)</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
	Eating/Drinking (Elbow motion ok)															
	Dressing															
	Washing/Showering															
	Computer with supported arm	•	•	•	•	•	•									
	Driving								•	•	•	•	•	•	•	•
	Lifting up to 5 lbs.								•	•	•	•	•	•	•	•
	Overhead Activity										•	•	•	•	•	•

Lifting greater than 5 lbs.

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The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues. Contact the staff of HHSMC for assistance in progressing as necessary.

**Week**

<b>Phase III: Initial Resistance Strengthening &amp; Proprioception</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation								•	•	•	•	•	•	•
Internal Rotation								•	•	•	•	•	•	•
Punches with a Plus								•	•	•	•	•	•	•
Sport Cord Rows								•	•	•	•	•	•	•
Prone Lower Trap								•	•	•	•	•	•	•
Bicep Curls								•	•	•	•	•	•	•
Triceps Extensions								•	•	•	•	•	•	•
Initial Push-up Plus (Mid Range)										•	•	•	•	•
Initial Closed Chain Stability										•	•	•	•	•
<b>Phase IV: Advanced Resistance Strengthening &amp; Proprioception</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation at 45°										•	•	•	•	•
Bear Hugs										•	•	•	•	•
External Rotation at 90°										•	•	•	•	•
Statue of Liberty										•	•	•	•	•
Advanced Push-up Plus												•	•	•
Stability												•	•	•
PNF with Resistance												•	•	•
Decelerations												•	•	•
Plyometric External Rotation												•	•	•
<b>Phase IV: Weight Lifting in Gym and Return to Sports</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25
<b>CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS</b>														
Skiing													•	•
Throwing Progression												•	•	•
Overhead and Serving Sports (tennis, volleyball)												•	•	•
Contact Sports (football, hockey, lacrosse)														•
Swimming													•	•

Protocol created by PJ Millett, MD and Howard Head Sports Medicine, Vail, CO

Therapist: \_\_\_\_\_