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Anterior Capsulorrhaphy Therapy Protocol

Phase I: 0-4 weeks

Goals:

1. Patient independent with precautions and home exercise program prior to discharge from hospital (typical inpatient hospital stay =1 day)
2. Permit capsular healing
3. Control pain and inflammation
4. Range of motion exercises will be initiated depending on surgeons preference

POD # 1:

1. Educate patient on precautions
2. Pendulum exercises (25 times in each direction) – depending on surgeon
3. Elbow AROM, hand squeeze exercises
4. Ice (instruct patient on use of ice at home)

Phase II: 4-6 weeks:

Goals:

1. Decreased pain and inflammation
2. Normal arthrokinematics of glenohumeral and scapulothoracic joint
3. Improve strength

Treatment:

1. Continue with above treatment
2. Add Phase I stretching (forward elevation and external rotation in POS)
 - Limit ER to 45⁰
3. Manual resistance for glenohumeral and scapulothoracic stabilization
4. Add Phase I strengthening
5. Add shoulder shrugs and scapular retraction

Bodyblade in non-provocative positions

Phase III: 6-12 weeks Post-op:**Goals:**

1. Increase strength of rotator cuff and deltoid
2. Increase strength of scapular muscles
3. Increase total arm strength (biceps, triceps, forearms, etc.)
4. Initiate strengthening in provocative positions

Treatment:

1. Continue with above (decrease frequency of stretching exercises)
2. Add Phase II Stretching (extension, IR, cross body adduction)
3. Add Phase II strengthening (abduction, forward elevation, ER @ 45° in POS)
4. Variable resistance and/or free weight resistance
5. Bodyblade in functional positions
6. Plyoball progression (begin with chest press)

Phase IV: 12-16 weeks:**Goals:**

1. Initiate return to sport or occupational activity*

Treatment:

1. Bodyblade in overhead positions
2. Plyoball throwing
3. Work/Sport specific activities*

* Applies to athlete or laborer