

Palmetto Health USC

ORTHOPEDIC CENTER

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LASER CAPSULORRAPHY

I. PHASE I - PROTECTION PHASE (Day 1 to Week 6)

A. Goals

1. Allow soft tissue healing and diminish pain and inflammation
3. Initiate protected motion
4. Retard muscular atrophy

B. WEEK 0-2

1. Precautions

- sling/immobilizer for 10-14 days
- sleep in sling/immobilizer for 2 weeks
- avoid abduction and external rotation for 2 weeks

2. Exercises

- hand gripping exercises
- elbow and wrist range of motion exercises
- AROM cervical spine
- passive range of motion (begin at 10 days)
 - elevation in scapular plane (0-60°)
 - ER/IR in scapular plane (5-10°)
- cryotherapy to control pain

C. WEEK 3-4

1. Range of Motion Exercises (AAROM and PROM only)

- elevation in scapular plane (0-90°)
- IR in scapular plane (0-30°)
- ER in scapular plane (0-15°)

2. Strengthening Exercises

- Isometrics in all planes
- Rhythmic stabilization exercises in mid range

3. Continue use of cryotherapy and modalities to control pain

I. PHASE I - PROTECTION PHASE (Day 1 to Week 6)

D. WEEK 5-6

1. Continue all exercises listed above
2. Progress range of motion to following
 - elevation in scapular plane (0-135°)
 - ER/IR in scapular plane (to tolerance)
 - ER to maximum of 0-25°
 - IR to maximum of 45°
3. May initiate active range of motion exercises (ER/IR)
4. Tubing ER/IR
5. Tubing biceps
6. Initiate scapular strengthening program

II. PHASE II - INTERMEDIATE PHASE (Week 7-12)

A. Goals

1. Restore functional range of motion (Week 7-12)
2. Normalize arthrokinematics
3. Improve dynamic stability, muscular strength

B. WEEK 7-8

1. Initiate ER/IR at 90° abduction
 - ER motion to maximum of 65°
 - IR motion to maximum of 50°
 - flexion to maximum of 160°
2. Continue AAROM and gentle stretching
3. Initiate joint mobilization to balance capsule
4. Strengthening exercises
 - ER/IR with exercise tubing
 - prone rowing
 - prone horizontal abduction
 - prone extension
 - biceps curls
 - light shoulder abduction
 - continue rhythmic stabilization drills

C. WEEK 10-12

1. Continue to progress all range of motion exercises and strengthening drills
2. Restore functional range of motion by Week 10-12
3. Motion restoration in 15° less than “normal motion”

4. Continue all exercises listed above

III. PHASE III - ADVANCED ACTIVITY/STRENGTHENING PHASE (Week 12-20)

- A. Goals
 1. Improve strength, power, and endurance
 2. Enhance neuromuscular control
 3. Prepare for increased activities
- B. Criteria to Enter Phase III
 1. Functional range of motion (85% of normal motion)
 2. No pain or tenderness
 3. Muscular strength 75% or greater of contralateral side
- C. **WEEK 12-16**
 1. Continue stretching and range of motion exercises if range of motion not accept.
 2. Continue all strengthening exercises listed in Week 7-9
 3. Initiate push-ups into wall or table
 4. Progress deltoid, rotator cuff, and scapular strengthening
- D. **WEEK 16-20**
 1. Continue all exercises listed above
 2. May initiate light swimming, etc (if physician approves)

IV. PHASE IV - RETURN TO ACTIVITY PHASE (Week 20-26)

- A. Goals
 1. Maintain static and dynamic stability of shoulder joint
 2. Gradual return to unrestricted activities
- B. Criteria to Enter Phase IV
 1. Full functional range of motion
 2. No pain or tenderness
 3. Muscular strength which is satisfactory
 4. Satisfactory clinical exam
- C. Exercises
 1. Continue maintenance for range of motion (stretches)
 2. Continue strengthening program
 3. Initiate interval sport program