

# Palmetto Health USC

## ORTHOPEDIC CENTER

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### **OPEN ANTERIOR CAPSULOLABRAL RECONSTRUCTION**

#### **I. PHASE I - IMMEDIATE POSTOPERATIVE PHASE**

##### **A. Goals**

1. Protect the surgical procedure
2. Minimize the effects of immobilization
3. Diminish pain and inflammation

##### **B. WEEK 0-2**

1. Sling for comfort (week 1)
2. May wear immobilizer for sleep (2 week) (physician decision)
3. Elbow/hand range of motion
4. Gripping exercises
5. Passive range of motion and active assistive range of motion (L-bar)
  - flexion to tolerance
  - abduction to tolerance
  - Er/IR in scapular plane
6. Submaximal isometrics
7. Rhythmic stabilization
8. Cryotherapy, modalities as needed

##### **C. WEEK 3-4**

1. Gradually progress range of motion
  - flexion to 120-140°
  - ER in scapular plane to 35-45°
  - IR in scapular plane to 45-60°
  - shoulder extension

2. Initiate light isotonics for shoulder musculature
  - tubing for ER/IR
  - dumbbells - deltoid, supraspinatus, biceps, scapular
  - continue dynamic stabilization exercises, PNF
3. Initiate self-capsular stretching

**I. PHASE I - IMMEDIATE POSTOPERATIVE PHASE (cont'd)**

**D. WEEK 5-6**

1. Progress range of motion as tolerated
  - flexion to 160° (maximum)
  - ER/IR at 90° abduction
    - IR to 75°
    - ER to 70-75°
  - shoulder extension to 30-35°
2. Joint mobilization, stretching, etc.
3. Continue self-capsular stretching
4. UBE arm at 90° abduction
5. Progress all strengthening exercises
  - continue PNF diagonal patterns
  - continue isotonic strengthening
  - dynamic stabilization exercises

**E. WEEK 6-7**

1. Progress range of motion to
  - ER at 90° abduction: 80-85°
  - IR at 90 abduction: 70-75°
  - flexion: 165-175°

**II. PHASE II - INTERMEDIATE PHASE**

**A. Goals**

1. Re-establish full range of motion
2. Normalize arthrokinematics
3. Enhance neuromuscular control

**B. WEEK 8-10**

1. Progress to full range of motion (week 7-8)
2. Continue all stretching exercises
  - joint mobilization, capsular stretching, passive and active stretching
3. In overhead athletes, progress ER past 90°
4. In nonoverhead athletes, maintain 90° ER

5. Continue strengthening exercises
  - throwers ten program (for overhead athlete)
  - isotonic strengthening for entire shoulder complex
  - PNF manual technique
  - neuromuscular control drills
  - isokinetic strengthening

**II. PHASE II - INTERMEDIATE PHASE (cont'd)**

**C. WEEK 10-14**

1. Continue all flexibility exercises
2. Continue all strengthening exercises
3. May initiate “light” plyometric exercises
4. May initiate “controlled” swimming, golf swings, etc.
5. May initiate light isotonic machine weight training (week 12-14)

**III. PHASE III - ADVANCED STRENGTHENING PHASE (Month 4-6)**

**A. Goals**

1. Enhance muscular strength, power and endurance
2. Improve muscular endurance
3. Maintain mobility

**B. Criteria to Enter Phase III**

1. Full range of motion
2. No pain or tenderness
3. Satisfactory stability
4. Strength 70-80% of contralateral side

**C. WEEK 14-20**

1. Continue all flexibility exercises
  - self capsular stretches (anterior, posterior, and inferior)
  - maintain ER flexibility
2. Continue isotonic strengthening program
3. Emphasis muscular balance (ER/IR)
4. Continue PNF manual resistance
5. May initiate and continue plyometrics
6. Initiate interval throwing program (physician approval necessary)

**D. WEEK 20-24**

1. Continue all exercises listed above
2. Continue and progress all interval sport program (throwing, etc.)

**IV. PHASE IV - RETURN TO ACTIVITY PHASE (Month 6-9)**

- A. Goals
  - 1. Gradual return to sport activities
  - 2. Maintain strength and mobility of shoulder

**IV. PHASE IV - RETURN TO ACTIVITY PHASE (Month 6-9) (cont'd)**

- B. Criteria to Enter Phase IV
  - 1. Full nonpainful range of motion
  - 2. Satisfactory stability
  - 3. Satisfactory strength (isokinetics)
  - 4. No pain or tenderness
- C. Exercises
  - 1. Continue capsular stretching to maintain mobility
  - 2. Continue strengthening program
    - either thrower's ten or fundamental shoulder exercise program
  - 3. Return to sport participation (unrestricted)