

# Palmetto Health USC

## ORTHOPEDIC CENTER

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### **THERMAL ASSISTED ANTERIOR CAPSULORRAPHY (For the Overhand Athlete)**

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

Goals: Allow soft tissue healing  
Diminish pain and inflammation  
Initiate protected motion  
Retard muscular atrophy

#### **Weeks 0 - 2**

- Sling use for 7-10 days
- Sleep in sling/brace for 7 days

#### **Exercises**

- Hand gripping exercises
- Elbow and wrist range of motion exercises
- AROM cervical spine
- Passive and AAROM Exercises
  - Elevation to 75 - 80 degrees
  - IR in scapular plane (45 degrees by 2 weeks)
  - ER in scapular plane (25 degrees by 2 weeks)
- Rope and Pulley (flexion) AAROM
- Cryotherapy to control pain
- Submaximal Isometrics
- Rhythmic Stabilization Exercises at 7 days
- Proprioception and Neuromuscular Control Drills

#### **Weeks 3 - 4**

- Range of Motion Exercises (AAROM, PROM, AROM)
  - Elevation to 125 - 135 degrees
  - IR, in scapular plane, full motion
  - ER, in scapular plane 40 - 60 degrees by Week 4

- At Week 4, begin ER/IR AT 90 degrees abduction
  
- Strengthening Exercises:
  - Initiate LIGHT Isotonic Program
  - ER/IR Exercise Tubing (zero degrees abduction)
  - Continue Dynamic Stabilization Drills
  - Scapular Strengthening Exercises
  - Biceps/Triceps Strengthening
  - PNF D2 Flex/Ext Manual Resistance
  
- Continue use of cryotherapy and modalities to control pain

### **Weeks 5 - 6**

- Continue all exercises listed above
- Progress ROM to the following:
  - Elevation to 145 - 160 degrees by Week 6
  - ER at 90 degrees Abduction (60 - 70 degrees)
  - IR at 90 degrees Abduction (65 - 70 degrees)
- Initiate Throwers Ten Strengthening Program

## **II. PHASE II - INTERMEDIATE PHASE (Weeks 7 - 12)**

**Goals:** Restore full ROM (Week 7)  
Restore functional ROM (Week 10 - 11)  
Normalize arthrokinematics  
Improve dynamic stability, muscular strength

### **Weeks 7 - 8**

- Progress ROM to the following:
  - Elevation to 180 degrees
  - ER at 90 degrees Abduction to 90 - 100 degrees by Week 8
  - IR at 90 degrees Abduction to 70 - 75 degrees
  
- Continue stretching program
  
- Strengthening Exercises:
  - Continue Throwers Ten Program
  - Continue manual resistance, dynamic stabilization drills
  - Initiate plyometrics (two-handed drills)

**Weeks 9 - 12**

- Progress ROM to the overhead athlete's demands
  - Gradual progression from week 9 to 12
- Strengthening Exercises:
  - Progress Isotonic Program
  - May initiate more aggressive strengthening
    - Push-ups
    - Shoulder Press
    - Bench Press
    - Pull downs
- Single Arm Plyometrics

**III. PHASE III - ADVANCED ACTIVITY AND STRENGTHENING PHASE**  
**(Weeks 12 -20)**

**Goals:** Improve strength, power, and endurance  
Enhance neuromuscular control  
Functional Activities

**Criteria to Enter Phase III:**

- 1) Full Range of Motion
- 2) No pain or tenderness
- 3) Muscular strength 80% of contralateral side

**Weeks 12 - 16**

- Continue all stretching exercises
- Self Capsular Stretches, AROM, Passive Stretching
- Continue all strengthening exercises
  - Isotonics
  - Plyometric
  - Neuromuscular Control/Dynamic Stabilization Drills
- Initiate Interval Sport Program (Throwing, Tennis, Swimming, etc.)

**Weeks 16 - 20**

- Progress all exercises listed above
- May resume normal training program
- Continue specific strengthening exercises
- Progress interval program (Throwing program to Phase II)

**IV. PHASE IV - RETURN TO ACTIVITY PHASE (Weeks 22 - 26)**

**Goals:** Gradual return to unrestricted activities  
Maintain static and dynamic stability of shoulder joint

**Criteria to Enter Phase IV:**

- 1) Full functional ROM
- 2) No pain or tenderness
- 3) Satisfactory muscular strength (Isokinetic Test)
- 4) Satisfactory clinic exam

**Exercises:**

- Continue maintenance for ROM
- Continue strengthening exercises
- Gradual return to competition