



Anterior Capsule Reconstruction

Precautions

Sling 6 weeks

Full time: Sleeping, daily activity

Limited ER to 0° x4 weeks
Progress ER gently week 4-6

Avoid 90/90
12 weeks

PROM:
Start week 1-2

AAROM:
Start week 4-5

AROM:
Start week 6

Pullys after week 6

Biceps Tenodesis:
No resisted biceps x6 weeks

Post-Operative Day 1-3	Dressing Change
	Sling Education/Fitting
	Hand/Wrist/Elbow PROM
	Gentle Pendulums

PHASE 1 PROM Wk 1-4 <u>Goal:</u> Full PROM by Wk 6-8 <i>Promote Tissue Healing</i>	PROM as tolerated with PT
	Self Exercises: table flexion
	Core Strength
	Scapular/postural Education

PHASE 2 Wk 4-8 <u>Goal:</u> Full AROM by Wk 8-10 <i>Start AROM</i>	AAROM: supine press up, supine dowel flex, pulleys, supported reaching
	If tenodesis start resisted biceps at wk 6
	Scapular stabilization
	Cervical mobility and stability

PHASE 3 Wk 8-12 <u>Goal:</u> Reach overhead up to 5 lbs. <i>Initiate strengthening</i>	Scapular mechanics/stability: Serratus and lower trap
	IR/ER rotator cuff add resistance
	Initiate close chain exercises
	Theraband exercises wk 8+

PHASE 4 Wk 12-20 <u>Goal:</u> Lift > 5 lbs. overhead <i>Advanced strengthening</i>	Close chain progressions
	Overhead strength progressions
	Dynamic band work, progressive resistance
	Golf progression wk 14-16

PHASE 5 Wk 20+ <u>Goal:</u> Pain free work and recreation <i>Return to sport</i>	Return to work task and lifting
	Ski and snowboard wk 20
	Rebound throwing progression wk 20-24
	Contact sport, running and swimming wk 20-24