ANTERIOR CAPSULORRAPHY  
(ANTERIOR ETAC)  

Revised May 2005

Post-op Days 1 – 14

Sling with abductor pillow x 4 weeks – Even while sleeping  
   – Position in IR and slightly anterior to the frontal plane  
   – Place pillow under shoulder / arm while sleeping for comfort  
Hand squeezing exercises  
Elbow and wrist AROM with shoulder in neutral position at side  
Supported pendulum exercises  
Shoulder shrugs / scapular retraction without resistance  
Ice pack  

Goals  

Pain control  
Protection

Weeks 2 – 4

Continue sling x 4 weeks  
Continue appropriate previous exercises  
Full pendulum exercises  
Resisted elbow / wrist exercises (light dumbbell)  
AAROM supine with wand  
   – Flexion to 90 degrees  
   – Abduction to 60 degrees  
   – ER to within 50% of opposite shoulder  
   – IR to 45 degrees (with shoulder abducted to 45 degrees)  
1-2 Finger Isometrics x 6 (fist in box)  
Stationary bike (must wear sling)  

Goal – AAROM Flexion to 90 degrees, Abduction 60 degrees

Weeks 4 – 6

D/C Sling  
Continue appropriate previous exercises  
Submaximal isometrics x 6 (pain-free)  
AAROM supine with wand
– Flexion to 140 degrees
– Abduction to 90 degrees
– ER to within 80% of opposite shoulder
– IR to 60+ degrees (with shoulder abducted to 60 degrees)

Treadmill – Walking progression program

**Goal** – AAROM Flexion to 140 degrees, Abduction to 90 degrees

**Weeks 6 – 9**

Continue appropriate previous exercises
AAROM (wand, wall climb, pulleys, doorway stretch) through full range
AROM through full range
Rotator cuff strengthening with light Theraband
– ER and IR with arm at side and pillow or towel roll under arm
– Flexion to 60 degrees
– Abduction to 60 degrees
– Scaption to 60 degrees
– Extension to 30 degrees

Prone scapular retraction without weight
Standing rows with Theraband
Push-up plus against wall (no elbow flexion > 90 degrees)
Body Blade
Ball on wall (arcs, alphabet)
UBE – Forwards and backwards at low resistance
Elliptical trainer
Stairmaster
Pool walking / running – No UE resistive exercises

**Goals**

Full AROM
30 wall push-ups

**Weeks 9 – 12**

Continue appropriate previous exercises with increased resistance as tolerated
PROM / mobilization as needed to regain full motion
Seated row with light resistance
Prone scapular retraction exercises with light weight
BAPS on hands
Ball toss with arm at side
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Push-up progression – Wall to table (no elbow flexion > 90 degrees)
Treadmill – Running progression program
Pool therapy – With UE resistance

**Goals**
Normal rotator cuff strength
30 table push-ups

**Months 3 – 4**

Continue appropriate previous exercises
Fitter on hands
Ball toss overhead
Push-up progression – Table to chair (no elbow flexion > 90 degrees)
Weight training with light resistance
   – No overhead press or pull downs behind head
   – No elbow flexion > 90 degrees with bench, dips, etc.

**Goals**

Run 2 miles at easy pace
30 chair push-ups

**Months 4 – 6**

Continue appropriate previous exercises
Push-ups, regular – No elbow flexion > 90 degrees
Sit-ups
Swimming
Running progression to track
Progressive weight training – No elbow flexion > 90 degrees
Transition to home / gym program

**Goals**

Resume all activities
Pass APFT at 6 months post-op

*No contact sports until 6 months post-op*