

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
Continued on following page

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