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Open Anterior Capsulolabral Reconstruction

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Phase I: Immediate Motion Phase
Week 0-2
- Sling for comfort (1 week)
- Immobilization brace for 4 weeks (sleeping only)
- Gentle AROM exercises with T-bar
  - Flexion to tolerance (0º to 120º)
  - ER at 20º abduction (maximum 15º to 20º)
  - IR at 20º abduction (maximum 45º)
- Rope and pulley
- Elbow/hand ROM
- Isometrics: ER, IR, abduction, biceps
- Squeeze ball
- Elbow flexion/extension
- Ice

Week 3-4
- AAROM exercises with T-bar
  - Flexion to tolerance (maximum 120º to 140º)
  - ER to 45º abduction (acceptable 20º to 30º)
  - IR at 45º abduction (acceptable 45º to 60º)
- Initiate light isotonics for shoulder musculature abduction, supraspinatus, ER, IR, biceps
- Initiate scapular strengthening exercises emphasize rhomboids, trapezius, serratus anterior

Week 5-6
- Progress all ROM with AAROM T-bar
  - Flexion (maximum 160º)
  - ER/IR at 90º abduction
  - ER to 45º - 60º
  - IR to 65º - 95º
- UBE arm at 90º abduction
- Diagonal patterns, manual resistance
- Progress all strengthening exercises

Phase II: Intermediate Phase (weeks 8-14)

The Foundation for The Gator Nation

<u>Week 8-10</u>
- Progress to full ROM
  - Flexion to 180º
  - ER to 90º
  - IR to 85º
- Progress all strengthening exercises
- Scapular stabilization exercises

<u>Week 10-14</u>
- Continue all flexibility exercises, self capsular stretches
- Throwers ten program
- UBE 90º abduction
- Diagonal program

Phase III: Advanced Stage (Month 4-6)
- Continue all flexibility exercises
  - ER stretch
  - IR stretch
  - Flex stretch
  - Self capsular stretches
- Continue throwers ten program
- Plyometric exercises
- Initiate interval throwing program (physician approval necessary)

Phase IV: Return To Activity Phase (Month 6-9)
- Continue all strengthening exercises
  - Throwers ten program
- Continue all stretching exercises