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 (0° to 120°)
  - ER at 20° abduction (maximum 15° to 20°)
  - IR at 20° abduction (maximum 45°)
- 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 120° to 140°)
  - ER to 45° abduction (acceptable 20° to 30°)
  - IR at 45° abduction (acceptable 45° to 60°)
- 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 160°)
  - ER/IR at 90° abduction
  - ER to 45° - 60°
  - IR to 65° - 95°
- UBE arm at 90° abduction
- Diagonal patterns, manual resistance
- Progress all strengthening exercises

Phase II: Intermediate Phase (weeks 8-14)
**Week 8-10**
- Progress to full ROM
  - Flexion to 180º
  - ER to 90º
  - IR to 85º
- Progress all strengthening exercises
- Scapular stabilization exercises

**Week 10-14**
- 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