Anterior Stabilization
(Capsulorrhaphy with or without labral repair)
Postoperative Shoulder Protocol

Basic guidelines
1. Scapular control should be the primary focus!
2. Sling is worn 3-4 weeks, Immobilizer at night - avoid internal rotation position.
3. No lifting with operated arm for 6 weeks.
4. No external rotation in adduction past neutral for 2 weeks.
5. External rotation to 45° in scapular plane after 2 weeks.
6. Elevation in the scapular plane or forward flexion.
7. Avoid combined abduction and external rotation for 6 weeks.
8. Work towards full ROM starting at 6 weeks.
9. The sequence of progression is more important than the time of progression

Acute Phase
(0 to 4 weeks postoperative)

RANGE OF MOTION
- Sling during day, immobilizer @ night in the neutral position (scaption)
- AAROM in scaption/FF with good scapular control
- Closed chain bowing & pendulums
- Passive towel slides or chair roll with elbow in scaption & FF
- ER in ADD to neutral and 45° in scaption
- Elbow & wrist flexion/extension
- Codman’s for shower to wash axilla
- Soft tissue work by PT (especially anterior structures, thoracic mobilization, and postural education)
- OK to use hand from eyes to thighs

STRENGTH
- Focus on correct scapular position, may have to manually cue patient
- Sternal lift, scapular squeeze (retraction/depression) and scapular clocks
- Lawnmower starts
- Basic lumbopelvic and core strengthening (step-ups, lunges, grid lunges, etc in sling)
- Gentle active humeral head depression (ball/table)
- Isometric extension (low row)

CARDIOVASCULAR
- Treadmill, recumbent bike, stair master and elliptical trainer with sling

Recovery Phase
(4 to 8 weeks postoperative)

RANGE OF MOTION
- Discontinue sling @ 4 weeks except for crowds/school
- AAROM/AROM for FF & scaption, ER in scaption
- Towel slides & closed chain bowing with trunk rotation (FF, ABD, scaption, horizontal ABD & ADD)
- Pendulums
- Swiss ball rolls, advance to ball/wall rolls
- Assisted wall slides
STRENGTH
● Continue & progress scapular stabilization program
● Advance kinetic chain strengthening. Adding reach & punch in FF & scaption with lunges (Fencing)
● Closed chain inferior humeral head glide @ 90°
● Ball table rolls to ball wall rolls
● Weight bearing table rocking (weight shifts: lateral, forward, back, diagonals)
● Bilateral rubber tubing in ER with cervical spine in neutral
● One arm pull downs with tubing
● Isometric low row, rowing and lawn mowers all with tubing
● Standing pivot prone and prone pivot prone (robbery)
● Scapular and short range GH PNF patterns
● Wall walks
● Closed chain scapular retraction push up wall/table
● Closed chain wall slides forearms on wall
● Isometric wall angels in scaption @ 30/60/90°

CARDIOVASCULAR
● Same as protective phase without sling as tolerated

Functional Phase
(8 to 12 weeks postoperative)

RANGE OF MOTION
● Reestablish normal scapulohumeral rhythm in all planes
● AROM/AAROM in all planes to regain full ROM
● Prayer stretch
● Passive stretch: especially pecs, lats, IR, ER
● Increased soft tissue work prn (pecs, lats, subscap)
● Joint mobilization prn
● Posterior capsule/cuff stretch prn (GIRD sleeper stretch)
● Wall washes

STRENGTH
● Scapular control optimized
● Progress full kinetic chain lumbopelvic/scapulothoracic/glenohumeral program.
● Reverse corner push-ups below 90° elevation
● Closed chain scapular retraction in push up position from table to floor
● Lat pull downs progress from tubing to weights
● Weight shifting: all 4’s to floor progression
● Closed chain perturbations
● Side lying ER, prone ER
● Flexion and scaption raises
● Full range PNF patterns
● PNF patterns with theraband (stand, sit, prone on swiss ball)
● Seated rows with hip and lumbar flexion
● Pail dumps
● Add core stabilization to standing exercises & progress single leg → 2 legs on bubble → 1 leg on bubble

CARDIOVASCULAR
● Progress to impact (jogging @ 3 months)
● Cross country ski machine
● Swim @ 3 months if ROM and scapular mechanics are normal
Performance Phase
(12-24 weeks postoperative)

RANGE OF MOTION
● ROM should be full or near full
● Soft tissue work, joint mobilizations, stretching prn
● Corner stretch, doorway stretch, GIRD side lying posterior capsule @ 70/90/120° elevation prn

STRENGTH
● Weight shifting: floor progression
● Single arm rows & pull down progression-rotation to same side, hip/knee flexion to same side, hip/knee flexion/rotation to same side, 2 legs on bubble → 1 leg on bubble
● Push up progression (Table → floor on knees → floor on toes → abdominals on swiss ball → thighs on swiss ball → ankles on swiss ball
● Swiss ball weight shifting
● Swiss ball walk outs on hands progression
● Bilateral ER with theraband weight bearing on elbows
● Bilateral rows & pull downs
● Iron cross & snatch with theraband
● Add weights to step up, step down, lunge with reach and punch series
● Add weights to cuff specific exercises
● Mock throwing or tennis strokes → to theraband → to weights
● Plyoball progression
● Ball bounce on wall → single & double arm
● Open chain perturbations
● Sport or work specific drills for endurance, quickness, agility, strength, and power
● Sport specific movement patterns (ex: swimmers prone, divers with swiss ball overhead against ceiling, step down/lunge series)