

## Arthroscopic Anterior Capsular Shift/Plication and Labral Repair Post-Operative Rehabilitation Protocol

There is no subscapularis involvement, so there are no IR restrictions

### **BICEPS TENODESIS PRECAUTIONS:**

Only  
follow if  
checked

1. No Resisted elbow flexion for 8 weeks
2. No Resisted shoulder flexion for 8 weeks
3. No Lifting of anything over 1 to 2 pounds for 8 weeks.

### **I. Phase I – Protection Phase (Week 0 – 6)**

Goals: Protect surgical site

Initiate ROM to prevent adhesions and increase circulation

Initiate muscle contraction to enhance dynamic stability

Decrease pain/inflammation

General considerations:

1. Wear sling for 4-6 weeks and sleep in immobilizer for 4-6 weeks
2. No overhead activities for 4 weeks
3. No active or passive extension for 4 weeks

#### **A. Week 0 – 2**

1. Pendulum exercises (gentle)
2. PROM / AAROM
  - a. Pulley or supine stretching
    1. Shoulder flexion to 130°
    2. ER (at 20° ABD) to 30°
    3. Active or passive IR (at 20° ABD) to tolerance
  - b. Cane exercises
    1. IR/ER (at 20° ABD) to 30°
    2. Shoulder flexion to 130°
3. Wrist, elbow, and cervical spine AROM
4. Grip and wrist strength
5. Submaximal isometrics at 0° ABD with towel roll Shoulder ER, IR, Ext., flex, and ABD
6. Scapular retractions and depression (**no extension**)
7. Cryotherapy

**B. Week 3 – 4**

1. PROM and AAROM
  - a. Shoulder flexion to tolerance 120° - 140°
  - b. ER to 45° in scapular plane
  - c. IR to 60° in scapular plane
  - d. Shoulder horizontal ABD/ADD (gentle)
2. AAROM (Cane and pulley exercises within ROM limits)
3. Scapular retractions and depression
4. Gentle joint mobilization (GH, SC, and scapulothoracic)
5. Multi-angle isometrics progressive resistance
6. Scapular PNF
7. AROM: Standing Flex to 90°, IR/ER to pt limits (**week 3**)
8. Cryotherapy and modalities as needed

**C. Week 5 - 6**

1. PROM and AAROM
  - a. Shoulder flexion to 160° by week 6
  - b. Shoulder extension to 30° by week 6
  - c. ER/IR to tolerance
  - d. ER/IR at 90° ABD to tolerance (60° – 80°)
2. AROM: Standing flexion and ABD to tolerance (no hiking)
3. Theraband IR/ER at 0° ABD
4. Supraspinatus (progress full can within ROM limits)
5. Closed kinetic chain exercises (prone on elbows, quadruped, etc.)
6. Posterior capsular stretching
7. Grade II and III joint mobilizations - posterior and inferior
8. Progress stabilization and neuromuscular control exercises
9. Initiate light resistance isotonics
  - a. Biceps / triceps
  - b. Punches
  - c. Prone Rowing and extension (**to neutral**)

**II. Phase II – Intermediate Phase (Week 6 – 12)**

Goals: Full non-painful ROM by week 8  
Normalize arthrokinematics  
Increase strength  
Improve neuromuscular control

**A. Week 6 - 8**

1. AAROM/PROM – progress to full ROM by week 8:
  - a. ER at 90° ABD to 90 - 100°
  - b. IR at 90° ABD to 70 – 75°

2. Continue joint mobilizations and capsular stretches
3. Isotonic dumbbell program
  - Supine and Sidelying IR/ER, Shoulder ABD, Biceps/triceps, Serratus punches
4. Supine IR/ER theraband up to 90 degrees ABD
5. Rhythmic stabilization for IR/ER at 45° ABD
6. PNF D2 diagonals light manual resistance
7. Upper body ergometer (UBE) light resistance
8. Push-up (plus) progression (wall, counter, table, knees) (elbow to thorax)
9. Quadraped rhythmic stabilization
10. Prone ER with 90 degrees ABD and 90 degrees elbow flex
11. Bodyblade (start with arm down by side)

**B. Week 9 -12**

1. Continue all above exercises
2. Prone extension, lower trap, and horizontal ABD (thumb up and down)
3. Aggressive stretching and joint mobilization, if needed
4. Double hand plyometrics (chest, overhead, and diagonals) (week 10)
5. Latissimus pulldowns in front of body
6. Progress to one hand plyometrics (ball toss, ball on wall) (closer to wk 12)
7. PNF – progress from manual resistance to theraband

**III. Advanced Strengthening Phase (Week 12 – 20)**

**A. Week 12 – 16**

1. Continue self capsular stretches
2. Theraband IR/ER in 90/90 position (fast)
3. Continue all isotonic strengthening
4. Progress to floor push-ups (plus) with BOSU
5. Progress neuromuscular control exercises
6. Bench press (do not allow arm below body)
7. Throwing into plyoback (1#)

**B. Week 16 -20**

1. Initiate interval sports program
2. Progress plyometrics
  - a. ER and IR at 90° ABD
  - b. D2 extension plyometrics
  - c. Plyoball and Deceleration tosses