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## Arthroscopic Anterior Capsular Repair with Subscapular Repair

### Protection:

- Protect subscapularus repair
- Protect anterior capsular labral repair
- No excessive motions for 8-10 weeks
- No overhead lifting for 10-12 weeks

### I. Phase I – Immediate Postoperative Phase “Restrictive Motion” (Weeks 0-6)

**Goals:** Protect the anatomic repair  
Prevent negative effects of immobilization  
Promote dynamic stability and proprioception  
Diminish pain and inflammation

#### Weeks 0-2

- Sling for 2-3 weeks for comfort
- Sleep in immobilizer for 4 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
  - Flexion to 70 degrees week 1
  - Flexion to 90 degrees week 2
  - ER/IR with arm 30 degrees abduction
    - ER to 5-10 degrees
    - IR to 45 degrees
- **\*\*NO active IR and No excessive ER**
- Submaximal isometrics for shoulder musculature (No IR isometrics)
- Rhythmic stabilization drills ER/IR (light contraction)
- Proprioception drills
- Cryotherapy, modalities as indicated

#### Weeks 3-4

- Discontinue use of sling at week 4-5
- Use immobilizer for sleep **\*\* to be discontinued at 4 weeks unless otherwise directed by physician**
- Continue gentle ROM exercises (PROM and AAROM)
  - Flexion to 90 degrees
  - Abduction to 90 degrees
  - ER/IR at 45 degrees abd in scapular plane
  - ER in scapular plane to 15-20 degrees
  - IR in scapular plane to 55-60 degrees
- **\*\*NOTE: Rate of progression based on evaluation of the patient**
- No excessive ER, extension or elevation
- No active IR contraction
- Continue isometrics and rhythmic stabilization (submax)
- Core stabilization program
- Initiate scapular strengthening program
- Continue use of cryotherapy

**Weeks 5-6**

- Gradually improve ROM
  - Flexion to 145 degrees
  - ER at 30 degrees abduction: 55-50 degrees
  - IR at 45 degrees abduction: 55-60 degrees
- May initiate stretching exercises (no excessive ER)
- Initiate exercise tubing ER/IR (arm at side)
- Scapular strengthening

**II. Phase II – Intermediate Phase: Moderate Protection Phase (Weeks 7-14)**

**Goals:** Gradually restore full ROM (week 10)  
Preserve the integrity of the surgical repair  
Restore muscular strength and balance  
Enhance neuromuscular control

**Weeks 7-9**

- Gradually progress ROM;
  - Flexion to 160 degrees
  - Initiate ER/IR at 90 degrees abd
  - ER at 90 degrees abduction: 70-80 degrees at week 7
  - ER to 75-80 degrees at weeks 8-9
  - IR at 90 degrees abduction: 70-75 degrees
- Continue to progress isotonic strengthening program
- Continue light manual resistance

**Weeks 10-14**

- May initiate slightly more aggressive strengthening
- Progress isotonic strengthening exercises
- Continue all stretching exercises
- \*\*Progress ROM to functional demands (i.e. overhead athlete)
- Progress to isotonic strengthening (light and restricted ROM)
- Week 12 – may initiate subscapularis strengthening

**III. Phase III – Minimal Protection Phase (Week 15-20)**

**Goals:** Maintain full ROM  
Improve muscular strength, power and endurance  
Gradually initiate functional activities

**Criteria to Enter Phase III**

- 1) Full non-painful ROM
- 2) Satisfactory stability
- 3) Muscular strength (good grade or better)
- 4) No pain or tenderness

**Weeks 15-18**

- Continue all stretching exercises (capsular stretches)
- Continue strengthening exercises:
  - Throwers ten program or fundamental exercises
  - Week 16 – initiate push-ups into wall
- Endurance training

- Restricted sport activities (light swimming, half golf swings)
- Initiate interval sport program week 16-18 (if light golf swings) No tennis or swimming

**Weeks 18-20**

- Continue all exercise listed above
- Fundamental shoulder exercises
- Process interval sport program

**IV. Phase IV – Advanced Strengthening Phase (Weeks 21-24)**

**Goals:** Enhance muscular strength, power and endurance  
Progress functional activities  
Maintain shoulder mobility

**Criteria to Enter Phase IV**

- 1) Full non-painful ROM
- 2) Satisfactory static stability
- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness

**Weeks 21-24**

- Continue flexibility exercises
- Continue isotonic strengthening program
- NM control drills
- Plyometric strengthening (if appropriate)
- Progress interval sport programs

**V. Phase V – Return to Activity Phase (Months 7-9)**

**Goals:** Gradual return to sport activities  
Maintain strength, mobility and stability

**Criteria to Enter Phase V**

- 1) Full functional ROM
- 2) Satisfactory isokinetic test that fulfills criteria
- 3) Satisfactory shoulder stability
- 4) No pain or tenderness

**Exercises**

- Gradually progress sport activities to unrestrictive participation
- Continue stretching and strengthening program
- Gradually progress functional activities