



Sports Medicine • Joint Reconstruction • Hand Surgery • Spine Surgery

OPEN ANTERIOR SHOULDER RECONSTRUCTION / CAPSULAR SHRINKAGE REHAB PROTOCOL

Week 1-3

- Immobilization in brace/immobilizer
- Elbow/wrist/hand AROM exercises
- Shoulder shrugs/neck ROM
- Shoulder isometrics in immobilizer
- Begin gentle Codman exercises during week two

Week 4-6

- May switch to sling
- Continue isometrics and Codman's
- Begin gentle passive flexion and abduction
- Do not force external rotation or abduction
- No active internal rotation
- Begin AAROM during week 5 (pulleys, cane, etc)

Week 7-11

- D/C sling
- Begin AROM
- Progress into gentle PRE's for shoulder girdle and rotator cuff w/ light Thera-Band
- Full ROM expected by 8-12 weeks

3 Months

- Thera-Band and dumbbell exercises
- When isokinetic testing indicates adequate strength and endurance (90%), a gentle throwing program can be initiated

4-5 Months

- Progress to full throwing and overhead weight lifting program
- Return to non-contact sports when strength and flexibility are WNL and when functional rehab has been addressed

6 Months

- Return to contact sports

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