



Anterior Capsular Plication REHAB Protocol

Post-Op: Days 1-14

Sling with abduction pillow at all times for 4-6 weeks
Position in IR slightly anterior to the frontal plane
Place pillow under shoulder/arm while sleeping for comfort
Hand squeezing exercises
Elbow and wrist AROM with shoulder in neutral position at side
Supported pendulum exercises
Shoulder shrugs/scapular retraction without resistance
Ice pack

Goals:

1. Protect healing repair
2. Decreased pain and swelling

Weeks 2-4

Continue sling
Continue appropriate previous exercises
Full pendulum exercises
Resisted Elbow, wrist flexion and extension (light dumbbell)
1-2 finger isometrics x6 (fist in box)
Stationary bike (must wear sling)
AAROM supine with wand

- ER to within 50% of opposite shoulder
- IR to 45 degrees (with shoulder abducted to 45 degrees)
- Limit FF to 90 degrees
- Limit abduction to 60 degrees

Goals:

1. AAROM flexion to 90 degrees, abduction to 60 degrees

Weeks 4-6

Discontinue sling
Continue appropriate previous exercises
Submaximal isometrics x6 (pain free)
Resisted Elbow, wrist flexion and extension (light dumbbell)
Treadmill walking progression program
AAROM supine with wand

- ER to within 80% of opposite shoulder
- IR to 60+ degrees (with shoulder abducted to 60 degrees)
- Limit FF to 140 degrees
- Limit abduction to 90 degrees

Goals:

1. AAROM flexion to 140 degrees, abduction to 90 degrees

Weeks 6-9

Continue appropriate previous exercises
 Submaximal isometrics x6 (pain free)
 Resisted Elbow, wrist flexion and extension (light dumbbell)
 Pool walking/running
 Stairmaster
 Elliptical
 AAROM supine with wand, wall climb, pulleys, doorway stretch through full range
 AROM through full range
 RTC strengthening with light theraband
 ER and IR with arm at side and pillow or towel roll under arm

Flexion to 60
 Scaption to 60
 Abduction to 60
 Extension to 30
 Prone scapular retraction without weight
 Standing rows with theraband
 Push up plus against wall (no elbow flexion >90)
 Body blade
 Ball on wall (arcs, alphabet)
 UBE – forwards and backwards at low resistance

Goals:

1. Full AROM
2. 30 wall push ups

Weeks 9-12

Continue appropriate previous exercises
 PROM/mobilization as needed to regain full motion
 Prone scapular retraction exercises with light weight
 Pool therapy with UE resistance

Treadmill – progressive running program
 BAPS on hands
 Prone scapular retraction without weight
 Seated rows with theraband
 Push up progression – wall to table (no elbow flexion >90)

Goals:

1. Normal RTC strength
2. 30 table push ups

Months 3-4

Continue appropriate previous exercises
 Fitter on hands
 Ball toss overhead
 Push up progression – table to chair (no elbow flexion >90)

Weight training with light resistance
 No overhead press or pull downs behind head
 No elbow flexion >90 with bench, dips, etc

Goals:

1. Run 2 miles at easy pace
2. 30 chair push ups

Months 4-6

Continue appropriate previous exercises
 Sit ups
 Swimming
 Regular push ups (no elbow flexion >90)
 Running progression to track
 No overhead press or pull downs behind head
 Progressive weight training (No elbow flexion >90)
 Transition to home/gym program

Goals:

Resume all activities

****NO CONTACT SPORTS UNTIL 6 MONTHS POST OP****