ANTERIOR CAPSULORRAPHY
(ANTERIOR ETAC)

Revised August 2008

Post-op Days 1 – 14

Sling with abductor pillow x 4 weeks – Even while sleeping
  – Position in IR and slightly anterior to the frontal plane
  – Place pillow under shoulder / arm while sleeping for comfort
Hand squeezing exercises
Elbow and wrist active motion (AROM) with shoulder in neutral position at side
Supported pendulum exercises
Shoulder shrugs / scapular retraction without resistance
Ice pack

Goals

Pain control
Protection

Weeks 2 – 4

Continue sling x 4 weeks
Continue appropriate previous exercises
Full pendulum exercises
Resisted elbow / wrist exercises (light dumbbell)
Active assisted motion (AAROM) supine with wand
  – Flexion to 90 degrees
  – Abduction to 60 degrees
  – ER to within 50% of opposite shoulder
  – IR to 45 degrees (with shoulder abducted to 45 degrees)
1-2 Finger Isometrics x 6 (fist in box)
Stationary bike (must wear sling)

Goal – AAROM Flexion to 90 degrees, Abduction 60 degrees
**Weeks 4 – 6**

D/C Sling
Continue appropriate previous exercises
Submaximal isometrics x 6 (pain-free)
AAROM supine with wand
  - Flexion to 140 degrees
  - Abduction to 90 degrees
  - ER to within 80% of opposite shoulder
  - IR to 60+ degrees (with shoulder abducted to 60 degrees)
Treadmill – Walking progression program

**Goal** – AAROM Flexion to 140 degrees, Abduction to 90 degrees

**Weeks 6 – 9**

Continue appropriate previous exercises
AAROM (wand, wall climb, pulleys, doorway stretch) through full range
AAROM through full range
Rotator cuff strengthening with light Theraband
  - ER and IR with arm at side and pillow or towel roll under arm
  - Flexion to 60 degrees
  - Abduction to 60 degrees
  - Scaption to 60 degrees
  - Extension to 30 degrees
Prone scapular retraction without weight
Standing rows with Theraband
Push-up plus against wall (no elbow flexion > 90 degrees)
Body Blade
Ball on wall (arcs, alphabet)
UBE – Forwards and backwards at low resistance
Elliptical trainer
Stairmaster
Pool walking / running – No UE resistive exercises

**Goals**

Full AROM
30 wall push-ups

**Weeks 9 – 12**

Continue appropriate previous exercises with increased resistance as tolerated
PROM / mobilization as needed to regain full motion
Seated row with light resistance
Prone scapular retraction exercises with light weight
BAPS on hands
Ball toss with arm at side

*Continued on following page*
Push-up progression – Wall to table (no elbow flexion > 90 degrees)
Treadmill – Running progression program
Pool therapy – With UE resistance

Goals
Normal rotator cuff strength
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 degrees)
Weight training with light resistance
   – No overhead press or pull downs behind head
   – No elbow flexion > 90 degrees with bench, dips, etc.

Goals
Run 2 miles at easy pace
30 chair push-ups

Months 4 – 6
Continue appropriate previous exercises
Push-ups, regular – No elbow flexion > 90 degrees
Sit-ups
Swimming
Running progression to track
Progressive weight training – No elbow flexion > 90 degrees
Transition to home / gym program

Goals
Resume all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op

BRYAN L. BOYEA
LTC, SP
Chief, Physical Therapy

MICHAEL S. MACHEN
LTC(P), MC
Chief, Orthopedics
Physical Therapy Clinic
William Beaumont Army Medical Center
El Paso, TX 79920
Shoulder Post Op Phase 1
Perform exercises below frequently: 30 reps 3-5x a day

Grip Squeeze

Elbow active range of motion

Pendulum

Shoulder Shrugs  Ice x 10-15min 2-3 x per day

Appointments?? Questions??
WBAMC PT:    DSN:979-2181/1848     COMM: (915)569-2181/1848