



GOLDEN STATE ORTHOPEDICS & SPINE

ANTERIOR CAPSULOLABRAL RECONSTRUCTION

STAGE 1: WEEKS 0-2:

- Patient is immobilized in an abduction pillow sling at small amounts of abduction and neutral external rotation for 2 weeks.
- Sling may be removed for gentle passive abduction, flexion and external rotation 2 times per day and allow the shoulder to adduct.
 - Abduction and external rotation are performed in 20-30 degrees horizontal adduction.
 - **DO NOT FORCE EXTERNAL ROTATION**
- Isometric abduction, horizontal abduction and horizontal adduction
- May squeeze a soft stress ball

STAGE 2: WEEKS 2-6:

- Patient no longer required to wear sling
- Continue gentle ROM exercises with emphasis on protecting the anterior capsule
- Active external rotation with the arm (brachium) at the side
- Active external rotation from full internal rotation to 0 degrees rotation using Theraband as tolerated
- Full active external rotation is not allowed in this stage as this will place stress on the anterior capsule
- Perform ROM exercises and mobilization techniques as needed (i.e. wand exercises, wall climbs)
- Active shoulder extension in the prone position
- Only extend the arm until it is level with the trunk
- Shoulder shrugs
- By 4-5 weeks post-surgery, progress to side-lying external rotation exercises
- Supraspinatus strengthening exercises
- Shoulder abduction to 90 degrees

STAGE 3: WEEKS 6-8:

- Continue strengthening exercises with emphasis on the rotator cuff muscles Shoulder flexion strengthening exercises
- Horizontal adduction from 15-20 degrees to 90 degrees
- Upper Body Ergometer for endurance training beginning at a low resistance

STAGE 4: MONTHS 2-4:

- Progress with weights as tolerated (i.e. shoulder flexion, abduction, extension, supraspinatus, etc.)
- Full ROM by 2 months
- At 2 months, continue emphasis on strengthening the rotator cuff musculature
- May continue isokinetic strengthening and endurance exercises at faster speeds (i.e. 240 degrees per second) for shoulder flexion and abduction



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- At 2 to 2½ months, add push-ups lowering the body until the arms are level with the trunk
- Begin with wall push-ups, progressing to modified (knee) push-ups, and eventual transition into military (toe) push-ups
- The arms are positioned at 70-90 degrees abduction.
- **Do not lower the body causing the arms to go past the body which would stress the anterior capsule**
- Horizontal abduction

STAGE 5: MONTH 4:

- Continue progressing weights
- May add isokinetic strength training at different speeds with emphasis at the higher speeds
- Position the arm by the side for internal and external rotation
- Perform first isokinetic test over a 3-day period
- If the isokinetic test indicates adequate strength and endurance (70% of above) begin with tossing in the throwing program

STAGE 6: MONTHS:

- Chin-ups
- Continue with the throwing program as tolerated

STAGE 7: MONTH 6:

- Continue strengthening and endurance exercises with emphasis on the muscles needed specifically for their playing position
- Add total body conditioning program