

Open Anterior Capsulolabral Reconstruction

A. Phase I: Immediate Motion Phase

1. Week 0-2

- a. Sling for comfort (1 week)
- b. Immobilization brace for 4 weeks (sleeping only)
- c. Gentle AROM exercises with T-bar

Flexion to tolerance (0-120 deg)

ER at 20 deg abduction to tolerance (maximum 15-20)

IR at 20 deg, abduction to tolerance (maximum 45 deg)

- d. Rope and pulley
- e. Elbow/hand ROM
- f. Isometrics; ER, IR, Abd, biceps
- g. Squeeze ball
- h. Elbow flexion/extension
- i. Ice

2. Week 3-4

- a. AAROM exercises with T-bar
 - Flexion to tolerance (maximum 120-140 deg)
 - ER to 45 deg abduction (acceptable 20-30 deg)
 - IR at 45 deg abduction (acceptable 45-60 deg)
- b. Initiate light isotonic for shoulder musculature abduction, supraspinatus, ER, IR, biceps

- c. Initiate scapular strengthening exercises emphasis rhomboids, trapezius, serratus anterior

3. Week 5-6

- a. Progress all Rom with AAROM T-bar

Flexion (maximum 160 deg)

ER/IR at 90 deg abduction

ER to 45-60 deg

IR to 65-95 deg

- b. UBE arm at 90 deg abduction
- c. Diagonal patterns, manual resistance
- d. Progress all strengthening exercises