



Mid-America Orthopedics

Dr. John Babb

12112 W. Kellogg, Wichita, KS 67235 – (316) 630-9300

ANTERIOR CAPSULORRHAPHY PROTOCOL

Day 1-13 (1-3 Visits/week)

- Immobilization: Sling continuously worn with abduction pillow for 6 weeks. May remove sling for hygiene and exercise.
- PT removes bandages on POD #3, keep steri-strips intact until Dr Babb can remove them.
- No ointments, betadine etc should be used on the incisions or portals.
- If any drainage/oozing is present recover with 4x4's, and notify Dr Babb (may need antibiotics).
- **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
- If any wounds are oozing delay range of motion until wounds are closed and healed.
- **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are scars

- **EXERCISE:**
 - Elbow/wrist/hand ROM
 - Grip strengthening
 - Isometric ABD/ER/IR with elbow at side

- **PROM:**
 - Shoulder ER to 10-15° at 20° ABD
 - Flexion to 90°
 - Internal rotation as tolerated
 - Abduction to 90°

Day 14-27 (1-3 Visits/week)

- **PROM:**
 - ER to 10-15° at 30° in scapular plane
 - Flexion to 115°
 - Internal rotation as tolerated
 - Abduction to 115°

- **STRENGTHENING**
 - Isometrics
 - May initiate tubing for ER/IR at 0°

- Rhythmic stabilization
- Scapular strengthening
- Core stabilization, pelvic tilts

Day 28-Week 8 Post-op (1-3 Visits/week)

- **PROM**
 - ER at 40° abduction scapular plane to 40°
 - Flexion / Abduction to 125°
- **AAROM**
 - Start at week 5 but remain within ROM limits of protocol
- **STRENGTHENING**
 - Initiate AROM at week 6
 - Wean out of sling starting at week 6
 - Initiate hand on wall rhythmic stabilization
 - Emphasize rotator cuff strengthening
 - Prone rowing

8-10 Weeks Post-op (1-3 Visits/week)

- **PROM:** (GOAL: obtain 80% of full ROM at week 10 and allow time & patient to gain the rest)
 - ER at 90° abduction scapular plane to 70°
 - Flexion / Abduction 145-150°
- **STRENGTHENING**
 - Initiate isotonic dumbbell program
 - Rockwood's, I's Y's T's, biceps/triceps, SL ER etc.

11-14 weeks Post-op

- **PROM**
 - ER at 90° abduction scapular plane 75-80°
 - Flexion / Abduction 165-170°
 - Start progressing to full AROM
- **STRENGTHENING**
 - Continue all previous

15-17 weeks Post-op

- **ROM**
 - Full & non-painful ROM
- **STRENGTHENING:**
 - GOAL: 70% or better compared to contralateral side
 - Continue to progress strength & neuromuscular control exercises

18-22 weeks Post-op

- Continue exercise as previously
- Emphasis on gradual return to restricted recreational activities
- **NO Overhead Sports until approved by Dr.

Progression within the individual time frames is left up to the discretion of the treating therapist.
If you have any questions regarding this protocol, please contact (316) 630-9300