



Capsulorrhaphy Post op

Age <30 years old

Physical Therapy Plan

Date of Surgery: _____

Surgeon: _____

Physical Therapy start date: _____

___ **Anterior**- limit ER, extension and IR behind back for ___6wks ___4 wks___2wks

___ **Posterior**-limit cross body adduction, direct forward flexion and IR for

___12wks ___8wks ___6wks ___4wks

___ **Inferior**-limit flex and abd for ___6wks___4 wks___2wks

Sling : 12wks ___ 8wks ___X6wks ___X4wks

Precautions: AAROM and active ROM only- no passive ROM or end range stretching

	Interventions	Milestones
Phase I (0-6 wks)	<ul style="list-style-type: none"> • Sling use • Elbow/wrist/hand AROM • AAROM in supine flexion to 90, abd 0, ER 0 and IR to belly in scapular plane for 0-2 wks • AAROM in supine flexion to 130, abd 90, ER 30 in neutral and 50 at 45 abd starting at 2 wks • Scapular retraction • Start light isometrics at 2 wks • Proprioceptive ex 	<ul style="list-style-type: none"> • Good pain control • AAROM not to exceed flexion to 130, abd to 90, , ER 30 in neutral, 50 at 45 abd, extension 0 and IR to belly in scapular place
Phase II (6-8 wks)	<ul style="list-style-type: none"> • DC sling as indicated above • Progress AROM to tolerance • Begin RTC strengthening, scapular stabilization • Progress proprioception ex • Avoid end range stretching with all exercises 	<ul style="list-style-type: none"> • ADL's below shoulder height without pain
Phase III (8-12 wks)	<ul style="list-style-type: none"> • Closed chain proprioception ex • Progress scapular and RTC strength (throwers 10) • Begin closed chain ex and light plyometric at 10 wks • Add core ex closed chain 	<ul style="list-style-type: none"> • AROM within 10 degrees of non-op side • RTC strength within 10% of non-op side
Phase IV (12-16 wks)	<ul style="list-style-type: none"> • Progress power for UE* • Gentle end range stretching if indicated • Continue proprioception ex in open and closed chain • Initiate running program 	<ul style="list-style-type: none"> • RTC strength 10% > non-op side • Pass prone scapular endurance test
Phase V (16 wks+)	<ul style="list-style-type: none"> • Initiate return to throwing program if appropriate • Continue to progress power/strength • Sport specific drills 	<ul style="list-style-type: none"> • Complete return to throwing program if appropriate • Pass relevant functional tests at 97% as appropriate • ≥ 40 on Psychological Readiness for RTS

*For UE power progression exercises go to <https://www.stlukesonline.org/health-services/specialties/programs/st-lukes-sports-medicine-program/therapy-plans/power-progression-upper-extremity/phase-1>

Return to sport anticipated 6-9 mos post op

This therapy plan provides a synopsis of guidelines for recovering from sports-related surgery with St. Luke's Sports Medicine. It is provided as an educational resource. Individual circumstances vary and these plans cannot replace the advice of a medical professional.