

# Marion M. Herring, MD

Advanced Orthopaedics

804-270-1305

fax:804-273-9294

## Open Anterior Reconstruction With Capsular Shift With or Without Bone Graf REHABILITATION PROTOCOL

### RANGE OF MOTION\*

#### PHASE I 0-4 weeks

Active/Active-Assistive:  
stretch to 20° of  
external rotation, and  
90° of forward flexion-  
internal rotation to  
stomach  
Abduction to 45 degrees  
No cross-body adduction

#### PHASE II 4 - 8 weeks

Increase forward flexion to  
140/40° ER at side/ 60°  
abduction/ IR behind back to  
waist

#### PHASE III 8 - 12 weeks

Progress to full active  
motion without discomfort  
Gentle passive stretching  
at end ranges

#### PHASE IV 12 weeks - 6 months\*\*

Full without discomfort

\*Patient may return to the weight room at 3 months, if appropriate

\*\*Patient may return to competitive sports, including contact sports, by 6 months, if approved

**NOTE: For open stabilization, no internal rotation strengthening for first 6**

## **THERAPEUTIC EXERCISE**

Elbow/wrist/hand ROM, grip  
strengthening, isometric in sling,  
external/internal rotation exercises  
with elbow at side

Advance isometrics in phase I to use  
of a theraband, continue with elbow/  
wrist/hand ROM and grip strengthening,  
begin prone extensions, and scapular  
stabilizing exercises, gentle joint mobs  
Modalities as needed

Advance theraband exercises to  
use of weights, continue with and  
progress exercises in phase II  
Include RTC, deltoid, and scapular  
stabilizers

Advance exercises in phase III, begin  
functional progression to work/sport,  
return to previous activity level\*  
begin upper body ergometer, proprioception  
plyometrics

**6 wks**