



## **ANTERIOR OPEN CAPSULAR SHIFT REHABILITATION PROTOCOL (Accelerated - Overhead Athlete)**

### **I. Phase I - Protection Phase (Week 0-6)**

Goals: Allow healing of sutured capsule  
Begin early protected range of motion  
Retard muscular atrophy  
Decrease pain/inflammation

#### **A. Week 0-2**

Precautions:

1. Sleep in immobilizer for 2 weeks
2. No overhead activities for 4 weeks
3. Wean from immobilizer and into sling as soon as possible (orthopedist or therapist will tell you when) usually 2 weeks

Exercises:

Wrist/hand ROM and gripping  
Elbow flex/extension and pronation/supination  
Pendulum exercises (non-weighted)  
Rope & Pulley active assisted exercises  
- shoulder flexion to 90 degrees  
- shoulder abduction to 60 degrees  
T-Bar Exercises  
- external rotation to 15-20 degrees with arm in scapular plane  
- internal rotation to 25 degrees with arm abd at 40 degrees  
- shoulder flexion to 90 degrees  
AROM cervical spine  
Isometrics  
- flexors, extensors, ER, IR, ABD  
- rhythmic stabilization drills

#### **B. Week 2 - 4**

Goals: Gradual increase in ROM  
Normalize arthrokinematics  
Improve strength  
Decrease pain/inflammation

1. Range of Motion Exercises  
L-Bar active assisted exercises  
ER @ 45 degrees ABD to 45 degrees  
IR @ 45 degrees ABD to 45 degrees  
Shoulder flex to tolerance  
Shoulder abduction to tolerance

Rope & Pulley flex  
Pendulum exercises

\* All exercises performed to tolerance  
- take to point of pain and/or resistance and hold  
- gentle self capsular stretches

2. Gentle joint mobilization to re-establish normal arthrokinematics to:
  - scapulothoracic joint
  - glenohumeral joint
  - sternoclavicular joint
3. Strengthening exercises
  - active ROM week 3
  - may initiate tubing for ER/IR at 0 degrees at week 3
  - dynamic stabilization drills
4. Conditioning program for:
  - trunk
  - lower extremities
  - cardiovascular
5. Decrease pain/inflammation
  - ice, NSAID, modalities

**C. Week 4 - 5**

AAROM flexion to tolerance (145 degrees)  
IR/ER @ 90 degrees ABD to tolerance  
ER at 90 degrees abduction to 60 degrees  
IR at 90 degrees abduction to 45-50 degrees  
Initiate isotonic (light wt.) strengthening  
Gentle joint mobilization (Grade III)

**D. Week 6**

AAROM; Continue all stretching exercises  
Progress ER/IR @ 90 degrees abduction

- ER at 90 degrees Abd: 75 degrees
- IR at 90 degrees Abd: 65 degrees
- Progress shoulder flexion to 165-170 degrees
- Progress to "throwers ten" program

**II. Phase II - Intermediate Phase (Week 7-12)**

Goals: Full non-painful ROM at week 8  
Normalize arthrokinematics  
Increase strength  
Improve neuromuscular control

**A. Weeks 7-10**

1. Range of Motion Exercise  
Shoulder flexion to 180 degrees  
ER at 90 degrees Abd: 90 degrees  
IR at 90 degrees Abd: 65 degrees  
Horizontal add/abduction motion  
L-Bar active assisted exercises  
Continue all exercises listed above  
Gradually increase ROM to full ROM week 8
  - ER at 90 degrees Abd: 85-90 degrees
  - IR at 90 degrees Abd: 70-75 degreesContinue self capsular stretches  
Continue joint mobilization
2. Strengthening Exercises
  - Throwers Ten Program
  - continue dynamic stabilization
  - closed kinetic chain exercises
  - core stabilization drills
3. Initiate Neuromuscular Control Exercises for Scapulothoracic Joint
  - scapular muscular training

**B. Week 10-12**

1. Continue all exercises listed above
2. Continue all stretching exercises
  - progress ROM to throwers motion
  - ER to 110-115 degrees
  - flexion to 180 degrees
3. Continue strengthening exercises
  - initiate PRE weight training
4. Initiate interval hitting program week 12
5. Initiate golf swing week 10

**III. Phase III - Dynamic Strengthening Phase (Week 12-20)**

Advanced Strengthening Phase

**A. Week 12-16**

Goals: Improve strength/power/endurance  
Improve neuromuscular control  
Maintain shoulder mobility  
Prepare athlete to begin to throw

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Criteria to Enter Phase III:

- a. Full non-painful ROM
  - b. No pain or tenderness
  - c. Strength 70% or better compared to contralateral side
1. Continue all stretching and ROM exercises

2. Continue all strengthening
  - throwers ten program
3. Initiate plyometrics
  - two hand drills week 12
  - one hand drills week 13-14
4. Continue core stabilization drills

**B. Week 16-20**

- Continue all exercises above
- Continue stretching and ROM exercises
- Initiate interval sport program (week 16)

**IV. Phase IV – Functional Activity Phase (Week 20-26)**

Goals: Progressively increase activities to prepare patient for full functional return

Criteria to Progress to Phase IV:

1. Full ROM
2. No pain or tenderness
3. Isokinetic test that fulfills criteria to throw
4. Satisfactory clinical exam

Exercise:

- Continue interval sport program
- Continue throwers ten exercises
- Continue plyometric five exercises

Interval Throwing Program:

1. Long toss program (Phase I) week 16
2. Off the round program (Phase II) week 22
3. Simulated game week 30