



## PHYSICAL THERAPY SECTION

### Rotator Interval Closure/ANTERIOR CAPSULORRAPHY

*Revised November 2016*

*Adapted from William Beaumont Army Medical Center*

#### **Post-op Days 1 – 14**

Sling with abductor pillow x 4 weeks – Even while sleeping  
– Position in IR and slightly anterior to the frontal plane  
– Place pillow under shoulder / arm while sleeping for comfort  
Hand squeezing exercises  
Elbow and wrist active motion (AROM) with shoulder in neutral position at side  
Supported pendulum exercises  
Shoulder shrugs / scapular retraction without resistance  
Ice pack

#### **Goals**

Pain control  
Protection

#### **Weeks 2 – 4**

Continue sling x 4 weeks  
Continue appropriate previous exercises  
Full pendulum exercises  
Resisted elbow / wrist exercises (light dumbbell)  
Active assisted motion (AAROM) supine with wand  
– Flexion to 90 degrees  
– Abduction to 60 degrees  
– ER to within 50% of opposite shoulder  
– IR to 45 degrees (with shoulder abducted to 45 degrees)  
1-2 Finger Isometrics x 6 (fist in box)  
Stationary bike (must wear sling)

**Goal** – AAROM Flexion to 90 degrees, Abduction 60 degrees

### **Weeks 4 – 6**

D/C Sling

Continue appropriate previous exercises

Submaximal isometrics x 6 (pain-free)

AAROM supine with wand

- Flexion to 140 degrees
- Abduction to 90 degrees
- ER to within 80% of opposite shoulder
- IR to 60+ degrees (with shoulder abducted to 60 degrees)

Treadmill – Walking progression program

**Goal** – AAROM Flexion to 140 degrees, Abduction to 90 degrees

### **Weeks 6 – 9**

Continue appropriate previous exercises

AAROM (wand, wall climb, pulleys, doorway stretch) through full range

AROM through full range

Rotator cuff strengthening with light Theraband

- ER and IR with arm at side and pillow or towel roll under arm
- Flexion to 60 degrees
- Abduction to 60 degrees
- Scaption to 60 degrees
- Extension to 30 degrees

Prone scapular retraction without weight

Standing rows with Theraband

Push-up plus against wall (no elbow flexion > 90 degrees)

Body Blade

Ball on wall (arcs, alphabet)

UBE – Forwards and backwards at low resistance

Elliptical trainer

Stairmaster

Pool walking / running – No UE resistive exercises

#### **Goals**

Full AROM

30 wall push-ups

### **Weeks 9 – 12**

Continue appropriate previous exercises with increased resistance as tolerated

PROM / mobilization as needed to regain full motion

Seated row with light resistance

Prone scapular retraction exercises with light weight

BAPS on hands

Ball toss with arm at side

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Push-up progression – Wall to table (no elbow flexion > 90 degrees)  
Treadmill – Running progression program  
Pool therapy – With UE resistance

### **Goals**

Normal rotator cuff strength  
30 table push-ups

## **Months 3 – 4**

Continue appropriate previous exercises  
Fitter on hands  
Ball toss overhead  
Push-up progression – Table to chair (no elbow flexion > 90 degrees)  
Weight training with light resistance  
– No overhead press or pull downs behind head  
– No elbow flexion > 90 degrees with bench, dips, etc.

### **Goals**

Run 2 miles at easy pace  
30 chair push-ups

## **Months 4 – 6**

Continue appropriate previous exercises  
Push-ups, regular – No elbow flexion > 90 degrees  
Sit-ups  
Swimming  
Running progression to track  
Progressive weight training – No elbow flexion > 90 degrees  
Transition to home / gym program

### **Goals**

Resume all activities  
Pass APFT at 6 months post-op

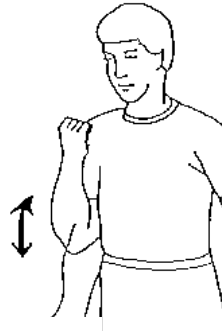
***No contact sports until 6 months post-op***

Shoulder Post Op Phase 1  
Perform exercises below frequently: 30 reps 3-5x a day

Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



Ice x 10-15min 2-3 x per day

