Anterior Capsular Shift (open) Protocol

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A. 0-2 weeks post-op
   1. Abduction sling
   2. Frequent cryotherapy and modalities as indicated
   3. PROM phase with ROM restrictions.
      - ER 45°
      - Abd 90°
      - Flex 120°

B. 2-4 weeks post-op
   1. Abduction sling
   2. Cryotherapy and modalities as indicated
   3. AAROM phase with ROM restrictions
      - ER 60°
      - Abd 120°
      - Flex To tolerance

C. 4-6 weeks post-op
   1. Wean from sling unless directed earlier by physician
   2. Cryotherapy and modalities as indicated
   3. ROM now to tolerance in all planes unless otherwise directed by physician
   4. Exercise:
      a. AROM work
      b. Light but progressive strength work
      c. No IR or Adduction resistance work

D. 6-12 weeks post-op
   1. Continue ROM work as needed
   2. Light but progressive IR and adduction resistance work
   3. Progressive / comprehensive UE strength and stabilization program following anterior instability precautions

E. 12 weeks post-op
   1. Progressive OKC and CKC exercise
   2. Progressive UE plyometrics and high speed proprioceptive work

F. 16 weeks post-op
   1 Sport specific activities and interval programs
   2. Physician cleared