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## **Rehabilitation Instructions**

### Arthroscopic Anterior Capsular Shift/ Labral Repair

**Immobilizer:** Should be worn at all times (including sleeping) except for hygiene and therapeutic exercise for 4-6 weeks unless told otherwise by your physician.

#### **Phase I (0-3 weeks):**

##### **Range Of Motion (ROM):**

- Elbow/wrist/hand ROM
- PROM FF to 90 degrees, ER to 0 degrees
- No internal rotation stretching behind back

#### **Phase II (3-6 weeks):**

##### **ROM:**

- AAROM with limits ER to 30, FF to 140, IR to L1

##### **Strengthening Exercises:**

- Scapular stabilizer strengthening
- Conditioning exercises for the legs and trunk

#### **Phase III (6-12 weeks):**

##### **ROM:**

- Gradually increase to FROM with no terminal ER stretching

##### **Strengthening Exercises:**

- Seated rows, bicep curls, shoulder shrugs, bear hugs, forward punch
- Stationary bike

#### **Phase IV (12-24 weeks):**

##### **ROM:**

- FROM with terminal ER stretching permitted
- Avoid anterior capsular stress at 90/90 Abd/ER position

##### **Strengthening Exercises:**

- Avoid overhead activities  
(no Military press, wide-grip bench, pull downs behind head)
- Sport specific training and aerobic exercises
- Proprioception training
- Initiate light plyometric program

#### **Phase V (>24 weeks):**

##### **Strengthening Exercises:**

- Plyometrics for upper extremities and Sport specific training
- Return to sport (MD directed)

##### **Return To Sports:**

- Golf 12 weeks (chip and putt only)
- Tennis/swim 16 weeks (no overhead)
- Contact Sports, baseball throwing 5-6 months