OrthoVirginia

Pan-capsulorrhaphy

Name_____ DOS:_____

Dr. William R. Mook DX:

●= Do exercise for that week/month **Week**

	Phase I – Maximal Protection Passive Range of Motion (PROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25
PROM Restrictions	**DATE**														
	Scapular Retraction-Depression	●	●	●	●	●	●								
FE:	Cervical ROM Exercises	●	●	●	●	●	●								
ER:	Elbow/Hand/Wrist ROM	●	●	●	●	●	●								
IR:	Pendulums			●	●	●	●	●	●	●	●				
ABD:	Aqua Therapy for Gentle AAROM					●	●	●	●	●	●				
Horiz Add: 0 for Begin Full AROM:	Ankle Pumps to prevent DVT's	●	●	●	●	●	●								
	Passive ROM														
Sling x 6 weeks	External Rotation**	●	●	●	●	●	●	●	●	●	Continue PROM until full ROM is achieved.				
	Forward Elevation & Scaption	90°				●	●	●	●	●					
	Abduction	●	●	●	●	●	●	●	●	●	Gentle Flexion and Internal Rotation when appropriate: no stretching for 8 weeks				
	Internal Rotation to Belt Line	●	●	●	●	●	●	●	●	●					
	Internal Rotation							●	●	●					
	Phase II-Minimal Protection Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Active Assist ROM														
	Internal (belly) External Rotation				●	●	●	●	●	●	●	●	●	●	●
	Forward Elevation & Scaption				90°	●	●	●	●	●	●	●	●	●	●
	Isometrics-Light														
	Internal/External Rotation			●	●	●	●	●	●	●	●	●	●	●	●
Time Lines	Flexion/Extension			●	●	●	●	●	●	●	●	●	●	●	●
Week 1 (POD 1-7)	**Active ROM**														
Week 2 (POD 8-14)	Sidelying External Rotation							●	●	●	●	●	●	●	●
Week 3 (POD 15-21) Week 4 (POD 22-28)	Forward Elevation & Scaption (lawn chair progression)							●	●	●	●	●	●	●	●
	Salutes (lawn chair progression)							●	●	●	●	●	●	●	●
	Prone Horizontal Abduction w/ ER							●	●	●	●	●	●	●	●
	Prone Lower Traps							●	●	●	●	●	●	●	●
	Prone Extensions with ER							●	●	●	●	●	●	●	●
	Open Chain Proprioception							●	●	●	●	●	●	●	●
	Low Load Prolonged Stretches														
	Door Jam Series							●	●	●	●	●	●	●	●
Precautions	Towel Internal Rotation									●	●	●	●	●	●
Progress Internal and Horizontal Add cautiously to avoid overstretching the posterior shoulder.	Cross Arm Stretch										●	●	●	●	●
	Sleeper Stretch										●	●	●	●	●
	TV Watching Stretch						●	●	●	●	●	●	●	●	●
	90/90 External Rotation Stretch						●	●	●	●	●	●	●	●	●
	Activities of Daily Living (ADL's)	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Eating/Drinking (Elbow motion ok)					●	●								
	Dressing					●	●								
	Washing/Showering	Use uninvolved arm only				●	●								
	Computer with supported arm	●	●	●	●	●	●								
	Driving							●	●	●	●	●	●	●	●
	Lifting up to 5 lbs.							●	●	●	●	●	●	●	●
	Overhead Activity									●	●	●	●	●	●
	Lifting greater than 5 lbs.										●	●	●	●	●

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues. © Copyright 2012 Dr. Peter Millet/Howard Head Sports Medicine

Dr. Mook would like to thank Dr. Millett, The Steadman Clinic, Dirk Kokmeyer, and the staff at Howard Head Sports Medicine in Vail, Colorado for the creation of these rehabilitation recommendations. They have been updated and modified to suit the needs of Dr. Mook's patients.

Week														
Phase III: Initial Resistance Strengthening & Proprioception	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**13**	**17**	**21**	**25**
External Rotation									●	●	●	●	●	●
Internal Rotation									●	●	●	●	●	●
Punches with a Plus									●	●	●	●	●	●
Sport Cord Rows									●	●	●	●	●	●
Prone Lower Trap									●	●	●	●	●	●
Bicep Curls									●	●	●	●	●	●
Triceps Extensions									●	●	●	●	●	●
Initial Push-up Plus										●	●	●	●	●
Initial Closed Chain Stability										●	●	●	●	●
Phase IV: Advanced Resistance Strengthening & Proprioception	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**13**	**17**	**21**	**25**
External Rotation at 45º										●	●	●	●	●
Bear Hugs										●	●	●	●	●
External Rotation at 90º										●	●	●	●	●
Statue of Liberty										●	●	●	●	●
Advanced Push-up Plus											●	●	●	●
Advanced Closed Chain Stability											●	●	●	●
PNF with Resistance												●	●	●
Decelerations												●	●	●
Plyometric External Rotation												●	●	●
Phase IV: Weight Lifting in Gym and Return to Sports	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**13**	**17**	**21**	**25**
CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS														
Skiing												●	●	●
Throwing Progression												●	●	●
Overhead and Serving Sports (tennis, volleyball)												●	●	●
Contact Sports (football, hockey, lacrosse)													●	●
Swimming													●	●

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