Thermal Assisted Anterior Capsular Shrinkage
(For the Overhead Athlete)

Phase I-Protection Phase
(Day 1-week 6):
Goals:
• Allow soft tissue healing
• Diminish pain & inflammation
• Initiate protected motion
• Retard muscular atrophy

Week 0-2:
• Sling use for 7-10 days
• Sleep in sling/brace for 7 days

Exercises:
• Hand gripping exercises
• Elbow & wrist range of motion (ROM) exercises
• Active range of motion (AROM) cervical spine
• Passive & active assisted range of motion (AAROM) exercises
  o Elevation to 75-90 degrees
  o Internal rotation (IR) in scapular plane (45 degrees by 2 weeks)
  o External rotation (ER) in scapular plane (25 degrees by 2 weeks)
• Rope & pulley (flexion) AAROM
• Cryotherapy to control pain
• Submaximal isometrics
• Rhythmic stabilization exercises at 7 days
• Proprioception & neuromuscular control drills

Week 3-4:
• ROM exercises (AAROM, PROM, AROM)
  o Elevation to 125-135 degrees
  o IR in scapular plane full motion
  o ER in scapular plane 45-50 degrees by week 4
  o At week 4, begin ER/IR at 90 degrees abduction
• Strengthening exercises:
  o Initiate LIGHT isotonic program
  o ER/IR exercises tubing (0 degrees abduction)
  o Continue Dynamic stabilization drills
  o Scapular strengthening exercises
  o Biceps/triceps strengthening
  o Diagonal patterning of the upper extremity (PNF D2) flex/ext manual resistance.
  o Continue use of cold packs/ice & modalities to control pain
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**Weeks 5-6:**
- Continue all exercises listed above
- Progress ROM to the following:
  - Elevation to 145-160 degrees by week 6
  - ER at 90 degrees abduction (75-80 degrees)
  - IR at 90 degrees abduction (65-70 degrees)
- Initiate throwers ten strengthening program

**Phase II-Intermediate Phase**

**Week 7-12**

Goals:
- Restore full ROM (week 7)
- Restore functional ROM (week 10-11)
- Normalize joint movement in all planes.
- Improve dynamic stability, muscular strength.

**Week 7-8:**
- Progress ROM to the following:
  - Elevation to 180 degrees
  - ER at 90 degrees abduction to 90-100 degrees by week 8
  - IR at 90 degrees abduction to 70-75 degrees
- Continue stretching program
- Strengthening exercises:
  - Continue throwers ten program
  - Continue manual resistance, dynamic stabilization drills

**Week 9-12:**
- Progress ROM to the overhead athlete's demands
  - Gradual progression from week 9-12
- Strengthening exercises
  - Progress isotonic program
  - May initiate more aggressive strengthening
    - Push ups
    - Shoulder press
    - Bench press
    - Pull down
    - Single arm plyometrics