



Orthopaedic Protocols

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
 - Elevation to 75-90 degrees
 - Internal rotation (IR) in scapular plane (45 degrees by 2 weeks)
 - 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)
 - Elevation to 125-135 degrees
 - IR in scapular plane full motion
 - ER in scapular plane 45-50 degrees by week 4
 - At week 4, begin ER/IR at 90 degrees abduction
- Strengthening exercises:
 - Initiate LIGHT isotonic program
 - ER/IR exercises tubing (0 degrees abduction)
 - Continue Dynamic stabilization drills
 - Scapular strengthening exercises
 - Biceps/triceps strengthening
 - Diagonal patterning of the upper extremity (PNF D2) flex/ext manual resistance.
 - 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