



REHABILITATION GUIDELINES
ARTHROSCOPIC CAPSULORRHAPHY FOR MDI

**GENERAL PRECAUTION: NO AGGRESSIVE POSTERIOR CAPSULE STRETCHING
UNTIL AT LEAST 3 MONTHS POST-OP**

0-6 WEEKS POST-OP

DOS:

- Immobilize full time except pendulums and stick assisted external rotation (ER) to 30°
- Scapular isometrics
- Active elbow, wrist and hand range of motion (ROM)

6-10 WEEKS POST-OP

DATE:

- Discontinue sling
- Isometric rotator cuff strength in mid range
- Active assisted motion and gentle stretch to increase forward elevation and rotation to full. SLOWLY. No aggressive passive stretching. No capsular mobilization.
- Therabands at 8 weeks post op

10-16 WEEKS POST-OP

DATE:

- Begin terminal stretching to achieve full motion
- Progress through therabands and into light weights.

4-6 MONTHS POST-OP

DATE:

- Progress weight training with RESTRICTIONS as follows:
 - High rep/low resistance
 - Gradual functional sports progression and/or work hardening

RETURN TO ACTIVITIES

Computer Work	ASAP
Golf	4 Months
Physical Labor	6 Months
Overhead sports except pitching	6 Months
Contact Sports	6 Months
Pitching from Mound	6 Months