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## **GALLAND/KIRBY ANTERIOR CAPSULORRAPHY (ANTERIOR ETAC) POST- SURGICAL REHABILITATION PROTOCOL**

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### **POST-OP DAYS 1 – 14**

- Sling with abductor pillow x 4 weeks – Even while sleeping
  - Position in IR and slightly anterior to the frontal plane
  - Place pillow under shoulder / arm while sleeping for comfort
- Hand squeezing exercises
- Elbow and wrist active motion (AROM) with shoulder in neutral position at side
- Supported pendulum exercises
- Shoulder shrugs / scapular retraction without resistance
- Ice pack

### **GOALS**

- Pain control

- Protection
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## **WEEKS 2 – 4**

- Continue sling x 4 weeks
- Continue appropriate previous exercises
- Full pendulum exercises
- Resisted elbow / wrist exercises (light dumbbell)
- Active assisted motion (AAROM) supine with wand
  - Flexion to 90 degrees
  - Abduction to 60 degrees
  - ER to within 50% of opposite shoulder
  - IR to 45 degrees (with shoulder abducted to 45 degrees)
- 1-2 Finger Isometrics x 6 (fist in box)
- Stationary bike (must wear sling)

## **GOAL**

- AAROM Flexion to 90 degrees, Abduction 60 degrees

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## **WEEKS 4 – 6**

- D/C Sling
- Continue appropriate previous exercises
- Submaximal isometrics x 6 (pain-free)
- AAROM supine with wand
  - Flexion to 140 degrees
  - Abduction to 90 degrees
  - ER to within 80% of opposite shoulder
  - IR to 60+ degrees (with shoulder abducted to 60 degrees)
- Treadmill – Walking progression program

## **GOAL**

- AAROM Flexion to 140 degrees, Abduction to 90 degrees

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## **WEEKS 6 – 9**

- Continue appropriate previous exercises
- AAROM (wand, wall climb, pulleys, doorway stretch) through full range

- AROM through full range
- Rotator cuff strengthening with light Theraband
- ER and IR with arm at side and pillow or towel roll under arm
- Flexion to 60 degrees
- Abduction to 60 degrees
- Scaption to 60 degrees
- Extension to 30 degrees
- Prone scapular retraction without weight
- Standing rows with Theraband
- Push-up plus against wall (no elbow flexion > 90 degrees)
- Body Blade
- Ball on wall (arcs, alphabet)
- UBE – Forwards and backwards at low resistance
- Elliptical trainer
- Stairmaster
- Pool walking / running – No UE resistive exercises

## **GOALS**

- Full AROM
- 30 wall push-ups

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## **WEEKS 9 – 12**

- Continue appropriate previous exercises with increased resistance as tolerated
- PROM / mobilization as needed to regain full motion
- Seated row with light resistance
- Prone scapular retraction exercises with light weight
- BAPS on hands
- Ball toss with arm at side
- Push-up progression – Wall to table (no elbow flexion > 90 degrees)
- Treadmill – Running progression program
- Pool therapy – With UE resistance

## **GOALS**

- Normal rotator cuff strength
- 30 table push-ups

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## **MONTHS 3 – 4**

- Continue appropriate previous exercises
- Fitter on hands
- Ball toss overhead
- Push-up progression – Table to chair (no elbow flexion > 90 degrees)
- Weight training with light resistance
- No overhead press or pull downs behind head
- No elbow flexion > 90 degrees with bench, dips, etc.

## **GOALS**

- Run 2 miles at easy pace
- 30 chair push-ups

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## **MONTHS 4 – 6**

- Continue appropriate previous exercises
- Push-ups, regular – No elbow flexion > 90 degrees
- Sit-ups
- Swimming
- Running progression to track

- Progressive weight training – No elbow flexion > 90 degrees
- Transition to home / gym program

## **GOAL**

- Resume all activities

**\*NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP\***

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### **DEVELOPED BY:**

Mark Galland, MD Kenneth Kirby, PT, DPT

### **ADAPTED FROM:**

Physical Therapy Section  
William Beaumont Army Medical Center

# SHOULDER POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



Ice x 10-15min 2-3 x per day

