• 4-6 visits over 6 weeks
• Primary instability often experiences secondary impingement. Therefore, to treat anterior capsular instability effectively, treat the impingement first. Then, instability should be addressed with stabilization exercises per functional demands of the patient.
• Suspect rotator cuff pathology if the patient is greater than 40 years old
• Precautions: protect the anterior capsule
• Emphasis is on high repetition, low weight free weight program
• Address scapular mal-positioning if applicable
• Minimal to no pain during or after exercises, although fatigue is OK
• No passive ROM (PROM) or pulleys unless specifically indicated by the physician

I. Modalities:

A. Ice following exercises
B. Transfrictional massage for tendonitis (if indicated by physician)
C. No phonophoresis/iontophoresis
D. Ultrasound (if indicated by physician)
E. Soft-tissue techniques (if indicated by physician)

II. Stretching/ROM (2x/day) – protect the anterior capsule

A. Codman’s (pendulum) exercises to warm up
B. AAROM (wand exercises) avoid anterior capsule stretches – accept minimal pain only!

III. Strengthening – all exercises painfree ROM only (3x/week max)

A. Isometric exercises
B. Isotonic exercises – strengthening exercises #1-8 as tolerated
   1. Perform with free weights only (No theraband - except IR #6)
      a. Repetitions – 20-50 reps before adding/progressing in weight
      b. Start against gravity without weight; progress as tolerated to:
         - 2 oz. (dinner knife)
         - 4 oz. (tuna can)
         - 8 oz. (soup can)
         - 1 lb. weight
         - 2 lbs., 3 lbs., etc.
   2. Goals:
      a. Overhead athlete: 3-5 lbs x 50 reps.
      b. General rehab candidate: 1-3 lbs x 50 reps.
      c. Progress weight as tolerated – painfree

C. Scapular stabilization exercises – #1-8 as tolerated
1. Particular emphasis if scapulothoracic weakness or maltracking present
2. Emphasize inferior trapezius and serratus anterior and inhibit excessive superior trapezius.

This protocol provides you with general guidelines for the conservative rehabilitation of the patient with anterior capsular instability. The physician will make specific changes to the program as appropriate for an individual patient.
PENDULUM EXERCISES (CODMAN’S)

1. **Pendulum Exercises**

   Bend forward at the waist, (back parallel to ground is ideal). Allow involved arm to hang down, perpendicular to the floor. Keep arm and shoulder muscles relaxed. Move arm slowly, increasing the arc as tolerated. This technique should cause only minimal pain.

   Perform _______ repetitions _______ times per day.

   1. Front to back
   2. Side to side
   3. Clockwise circles
1. Pendulum Exercises

Bend forward at the waist, (back parallel to ground is ideal). Keep arm and shoulder muscles relaxed. Move arm slowly, increasing the arc as tolerated. This technique should cause minimal pain. Motion: Front to Back, Side to Side, Clockwise Circles, Counterclockwise Circles

Perform _____ repetitions _____ times per day.

2. Flexion in Supine

Slowly raise arm overhead, keeping elbows straight.

Hold _____ seconds.

Perform _____ repetitions _____ times per day.
3. **Flexion In Standing**

Keep elbow straight throughout each repetition. Slowly push affected arm up. Hold _____ seconds.

Perform _____ repetitions _____ times per day.

4. **Extension**

Keep elbow straight throughout each repetition. Slowly push affected arm back. Hold _____ seconds.

Perform _____ repetitions _____ times per day.
WAND EXERCISES (AAROM)

5. Abduction
Keep elbow straight.
Slowly push affected arm up.

____ leading with thumb
or ____ palm facing down.
Hold ____ seconds.
Perform _____ repetitions
_____ times per day.

6. Internal Rotation
Hold wand behind you.
Slowly raise hands up then slowly return to starting position.

Hold ____ seconds.
Perform _____ repetitions
_____ times per day.
7. External Rotation
Place towel roll under elbow.
Keep elbow bent 90°.
Slowly push hand toward floor.

Hold ____ seconds.

Perform _____ repetitions
_____ times per day.
8. **Adduction**
Holding on to the end of the wand with the right hand, right elbow slightly flexed, left hand is on the mid shaft on the wand and pulls right shoulder across the body (for exercising an involved right shoulder, reverse hands for an involved left shoulder).

**Hold ____ seconds.**

**Perform _____ repetitions _____ times per day.**
SHOULDER ISOMETRICS

Hold _____ seconds.

Perform _____ repetitions _____ times per day.

1. **Flexion**
   Press hand forward into wall.

2. **Extension**
   Press hand backward into wall.

3. **Abduction**
   Place towel inside arm.
   Push elbow into wall.
SHOULDER ISOMETRICS

4. **Adduction**
   Place towel inside arm.
   Pull arm in toward body.

5. **External Rotation**
   Place towel inside arm.
   Press back of hand into wall.

6. **Internal Rotation**
   Place towel inside arm.
   Press palm of hand into wall.
SHOULDER STRENGTHENING EXERCISES

General Guidelines

1. Exercises should not be painful.
2. Perform exercises slowly.
3. Maintain the correct position.
4. Warm up prior to using weights – stretching and pendulum exercises as instructed.
5. Ice after exercise for 10-20 minutes.
6. Exercise 4 days a week.

Perform _____ repetitions.

1. **Flexion**

   Start with arm at side, thumb forward. Raise arm to shoulder level (parallel to ground). Lower slowly to starting position.

2. **Abduction**

   Start with arm midway between front and side of your body, thumb pointing up. Raise arm sideways to shoulder level in scapular plane. Lower slowly.
3. **Abduction**

Start with arm midway between the front and side of your body, thumb down. Raise arm diagonally to 45° level and lower slowly to starting position.

4. **External Rotation**

Lie on uninvolved side. Place a towel roll under elbow. Keep elbow bent at 90° squeeze shoulder blades together. Raise hand away from stomach toward the ceiling. Lower slowly to starting position.

5. **External Rotation**

Keep elbow bent at 90°. Squeeze shoulder blades together. Raise hand up. Lower slowly to starting position.
6. **Internal Rotation with Theraband**

Place Theraband in door. Squeeze shoulder blades together. Pull hand toward stomach. Slowly return to starting position.

7. **Wall Push-Ups**

Perform standing push-ups against the wall. Progress to a counter top, then to the floor with knees bent and then floor with knees straight.

8. **Biceps Curls**

Raise hand toward shoulder with palm up. Lower slowly to starting position.
SCAPULAR STABILIZATION

General Guidelines
1. Exercises should not be painful.
2. Perform exercises slowly.
3. Maintain the correct position.
4. Ice after exercise for _____ minutes.
5. Perform _____ times per day for _____ days per week.

1. Scapular Retraction

Pull shoulder blades together and down.

Hold _____ seconds

Perform _____ repetitions.

2. Scapular Depression

Place theraband over door, squeeze shoulder blades together while pulling your arm to your side. Slowly return to starting position.

Perform _____ repetitions.
3. **Extension**

Start with your arm hanging straight down with your thumb pointing down. Raise arm backwards and slowly return to starting position.

**Perform _____ repetitions.**

4. **Horizontal Abduction**

Start with your arm hanging straight down with your thumb pointing out, raise arm out to the side to shoulder level (parallel to ground) and then slowly return to starting position.

**Perform _____ repetitions**

5. **Proprioception (Countertop)**

Place your hands on a countertop. Slowly shift weight from one side to the other while keeping your shoulder blades flat to your back.

**Perform _____ repetitions.**
6. Proprioception (Wall)

Stand facing a wall. Keep your shoulder blades together and down and make circles with a ball in a clockwise direction. Repeat same number of reps in a counterclockwise direction.

Perform _____ repetitions.

7. Proprioception (Ball dribble)

Stand facing the wall. Keep your shoulder blades together and down and dribble to ball off of the wall. You may advance to dribbling the ball in shapes and patterns.

Perform _____ repetitions.

8. Wall Push-Ups

Perform standing push-ups against a wall. Progress to countertop, then floor with knees bent and then floor with knees straight.

Perform _____ repetitions.
9. **Proprioception (Hands & Knees)**

Get on your hands and knees. Keep your shoulder blades together and down and make circles with the platform in a clockwise direction. Repeat same number of reps in a counterclockwise direction.

**Perform _____ repetitions.**