

Jeffrey Dean, MD
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**ELECTROTHERMAL ASSISTED CAPSULORRAPHY (ETAC)
ANTERIOR / POSTERIOR CAPSULAR SHRINKAGE
(Rehabilitative Guidelines)**

Revised January 2003

Post-op Days 1 – 14

No PROM covered	Dressing – POD 2: Change dressing, remove pain pump, keep wound
	– POD 7-10: Sutures out – Physical Therapy or Ortho
Sling	Ultra sling (sling with abd pillow) at all times – even while sleeping
Ant: 4 wks	– place pillow under shoulder while sleeping for comfort PRN
Post: 6 wks	Hand squeezing exercises
	Elbow and wrist AROM with shoulder in neutral position at side
	1-2 Finger isometrics – 6 way (pain-free)
	Stationary bike (must wear ultra sling)
	Ice PRN
	Goal – Pain control

Weeks 2 – 4

No PROM	Continue ultra sling
	Supported pendulum exercises
	Resistive elbow/wrist exercises – no more than 5 lbs with shoulder in
neutral	
	Supine AAROM <u>flexion</u> to 90 degrees only
	Supine AAROM <u>abduction</u> to 60 degrees only
	Anterior:
	AAROM <u>ER</u> to within 30 degrees of opposite shoulder AROM
	Supine AAROM <u>IR</u> to 45-60 degrees with arm abducted to 45
	degrees
	Posterior:
	AAROM <u>ER</u> to 45-60 degrees
	Supine AAROM <u>IR</u> to within 30 degrees of opposite shoulder with
	shoulder abducted to 45 degrees
	Goals – Supine AAROM: Flexion 90 degrees, Abduction 60 degrees

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Weeks 4 – 6

**No PROM
No lifting,
pushing, or
pulling**

Anterior: D/C ultra sling at 4 weeks post-op

Posterior: cont. ultra sling until 6 wks post-op

Continue submaximal isometrics

Full pendulum exercises

Supine AAROM flexion to 140 degrees

Supine AAROM abduction to 90 degrees

Anterior:

AAROM ER to within 15 degrees of opposite shoulder

AAROM IR past 60 degrees with arm abducted to 60 degrees

Posterior:

AAROM ER past 60 degrees

AAROM IR to within 15 degrees of opposite shoulder with
shoulder abducted to 60 degrees

Shoulder shrugs

Treadmill – Walking progression program (must wear sling)

Goals – D/C sling at 6 weeks

Supine AAROM: Flex 140 degrees, Abd 90 degrees

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Weeks 6 – 9

No running D/C sling
AAROM, AROM as tolerated to restore near full functional ROM
UBE – 10 mins forwards and 10 mins backwards at low resistance
Rotator cuff strengthening with Theraband:

- ER and IR arm at side with rolled towel in axilla
- Flexion to 90 degrees
- Scaption to 90 degrees
- Extension to 30-40 degrees
- Empty can to 60 degrees

Standing rows with Theraband
Push-up plus against wall (no elbow flexion > 90 degrees)
Body Blade
Treadmill – continue walking progression program
Stairmaster
Elliptical trainer
Begin Pool walking/jogging

Goals – Full AROM, Rotator cuff strength near normal

Weeks 9 – 12

PROM as needed to restore full functional ROM
Continue appropriate previous exercises – increase resistance of Theraband
Rowing on Total Gym level 1-2 (arms at sides and 45 degrees)
Ball toss with arm at side
Push-up progression – wall to table (no elbow flexion > 90 degrees)
Treadmill – Running progression program

Goals – Rotator cuff strength WNL

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Months 3 – 6

Continue appropriate previous exercises – increase resistance of Theraband
Begin weight training

– No elbow flexion > 90 degrees with bench, dips, or pull-ups

Continue push-up progression – Table to chair to knees to regular

Stabilization/Proprioception exercises – BAPS, Fitter, overhead ball toss

Begin outdoor running program

Goals – Resume all activities, Pass APFT at 6 months post op

No contact sports until 6 months post-op

References:

1. Wilk KE, Reinold MM, Dugas JR, Andrews JR. Rehabilitation Following Thermal-Assisted Capsular Shrinkage of the Glenohumeral Joint: Current Concepts JOSPT, Vol 32, No 6, 2002
2. Speer KP, Fanton GS. Tissue Temperature-Controlled Thermal Capsulorrhaphy, Operative Strategy. Oratec Interventions. Inc., USA 2001
3. Fanton GS. Monopolar Electrothermal Arthroscopy for Treatment of Shoulder Instability in the Athlete, Operative Techniques in Sports Medicine, Vol 8, No 3 (July), 2000, pp 242-249