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Rehabilitation Protocol Posterior Capsular Shift (Open)

Phase I: Protect repair (*0 to 6 weeks*)

- Patients may shower on post op day # 5.
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Brace should be in place when not performing exercises.
- Initiate exercise program 3 times per day:
 - Immediate elbow, forearm and hand range of motion
 - Passive ER to 30 degrees
- Avoid ROM into flexion and IR.

Phase II: Progress ROM and protect repair (*6 to 12 weeks*)

- May discontinue brace.
- Lifting restriction of 5 pounds with the involved extremity.
- Advance active and passive ROM:
 - ER at the side and and scapular plane elevation to tolerance
 - Flexion to 130
 - Extension to tolerance
 - IR from abducted position to 30 degrees
- Initiate gentle rotator cuff strengthening.
- Continue scapular stabilizer strengthening.
- Avoid flexion > 130 and IR in abducted position > 30 degrees.

Phase III: Full function (*>3 months*)

- Begin combined full flexion and IR from abducted position.
- Discontinue lifting restrictions.
- Advance rotator cuff and scapular stabilizer strengthening.
- Initiate functional progression to sports specific activities at 4 months.

Return to Activities

Computer	As soon as tolerated
Driving	When no longer taking narcotics
Run	8 weeks
Golf	3 months
Tennis	3 months
Swimming	4 months
Weight lifting	4 months
Contact sports	6 months