



Rehabilitation Protocol Posterior Capsular Shift (Open)

DEREK SHIA, M.D

9250 SW Hall Blvd., Tigard, OR 97223

503-293-0161

PHASE I: PROTECT REPAIR

(0 to 8 weeks after surgery)

- Patients may shower post-op day # 5.
- Sutures will be removed by surgeon in 7 to 10 days.
- 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.
- Avoid ROM into flexion and IR.
- Initiate exercise program 3 times per day:
 1. Immediate elbow, forearm and hand range of motion
 2. Passive and ER to 30

PHASE II: PROGRESS ROM & PROTECT REPAIR

(8 to 12 weeks after surgery)

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

PHASE III: FULL FUNCTION

(>3 months after surgery)

- 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.