

REHABILITATION GUIDELINES FOR POSTERIOR AND POSTERIOR/INFERIOR CAPSULAR SHIFT

PHASE I (0-6 WEEKS)

DATES:

Appointments	<ul style="list-style-type: none"> Physical therapy 2 x per week
Rehabilitation Goals	<p>0-3 weeks</p> <ul style="list-style-type: none"> Allow/promote healing of repaired posterior capsule Initiate early protected ROM Minimize muscular atrophy Decrease pain and inflammation <p>4-6 weeks</p> <ul style="list-style-type: none"> Gradual increase in ROM Normalize arthrokinematics Improve strength
Precautions	<ul style="list-style-type: none"> Postoperative brace in 30-45° abduction, 15° ER for 4-6 weeks Brace to be worn at all times with the exception of exercise activity and bathing No overhead activity No flexion, ABD for first 4 weeks Avoid posterior GH glides
Suggested Therapeutic Exercises	<p>0-3 weeks</p> <ul style="list-style-type: none"> Gripping with putty AROM elbow flexion/extension and pronation/supination AROM cervical spine PROM progressing to AAROM of GH joint <ul style="list-style-type: none"> ER to 25-30° at 30-45° of abduction IR to 15-25° at 30-45° of abduction (begin week 3) Pain-free, submaximal shoulder isometrics in the plane of the scapula <ul style="list-style-type: none"> Flexion, ABD, extension, ER (avoid IR at this point) <p>4-6 weeks</p> <ul style="list-style-type: none"> Gentle joint mobilizations (grades I-II) <ul style="list-style-type: none"> AC joint, SC joint, ST joint, GH joint (avoid posterior glides) AAROM of GH joint <ul style="list-style-type: none"> ER in multiple planes of shoulder ABD (up to 90°) Shoulder flexion to tolerance Elevation in the plane of the scapula to tolerance

POSTERIOR AND POSTERIOR INFERIOR CAPSULAR SHIFT

	<ul style="list-style-type: none"> - Shoulder ABD (pure) to 90° - IR 35-45° of abduction • Gentle self-capsular stretches as needed/indicated • AROM of GH <ul style="list-style-type: none"> - Abduction to 90° - ER to 90° - IR to 35° • Elbow/wrist progressive resistive exercise program
Cardiovascular Exercises	<ul style="list-style-type: none"> • Walking, Recumbent lower extremity cycle
Progression Criteria	<p>PROM: Flexion to at least 100° ER in scapular plane to at least 45° (30° if a subscapularis repair) IR in scapular plane to at least 45° (30° if infraspinatus or teres minor repair) Abduction to at least 90° in the scapular plane</p>

PHASE II (6-12 WEEKS)

DATES:

Appointments	<ul style="list-style-type: none"> • Physical therapy 2 x per week
Rehabilitation Goals	<ul style="list-style-type: none"> • Full non-painful AROM at week 8 (except for IR) • Normalize arthrokinematics • Enhance strength • Improve neuromuscular control
Precautions	<ul style="list-style-type: none"> • No posterior glide joint mobilizations • No weightbearing before week 10
Suggested Therapeutic Exercises	<p>6-9 weeks</p> <p>ROM:</p> <ul style="list-style-type: none"> • AAROM to AROM as appropriate <ul style="list-style-type: none"> - Flexion, abduction, ER to tolerance - IR no more than 40° <p>Strength:</p> <ul style="list-style-type: none"> • Initiate IR isometrics in slight ER (do not perform past neutral) • Initiate theraband for ER and IR at 0° abduction (IR later in the phase) • Initiate isotonic dumbbell program <ul style="list-style-type: none"> - Rhomboids, latissimus dorsi, biceps, triceps, serratus anterior, deltoids <p>10-12 weeks</p> <p>Strength:</p> <ul style="list-style-type: none"> • Continue above exercises • IR at 90° GH abduction with elbow at 90° flexion

POSTERIOR AND POSTERIOR INFERIOR CAPSULAR SHIFT

	<ul style="list-style-type: none"> • Dumbbell supraspinatus • Theraband exercise program <ul style="list-style-type: none"> • Rhomboids, latissimus dorsi, biceps, triceps • Progressive push-ups
Cardiovascular Exercises	<ul style="list-style-type: none"> • Upper extremity cycle
Progression Criteria	<ul style="list-style-type: none"> • Full, non-painful AROM • No complaints of pain/tenderness • Strength 70% of contralateral side

PHASE III (12-20 WEEKS)

DATES:

Appointments	<ul style="list-style-type: none"> • Physical therapy 1-2 x per week progressing to 1 x every 2 weeks
Rehabilitation Goals	<ul style="list-style-type: none"> • Enhance strength, power, and endurance • Enhance neuromuscular control • High-speed/high-energy strengthening exercises • Eccentric training • Diagonal Patterns
Precautions	<ul style="list-style-type: none"> • None
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Continue phase II exercises at properly progressed load • Isotonic rotator cuff exercises <ul style="list-style-type: none"> • Sidelying ER • Prone arm raises at 0°, 90°, 120° • ER and IR at 0° and 90° • Progress scapulothoracic/upper back strength exercises • Dynamic stabilization exercises • Proprioceptive Neuromuscular Facilitation (PNF) exercises
Cardiovascular Exercises	<ul style="list-style-type: none"> • UBE
Progression Criteria	<ul style="list-style-type: none"> • Full ROM • No pain or tenderness • MD clearance

PHASE IV (20+ WEEKS)

DATES:

Appointments	<ul style="list-style-type: none"> • 1x/week or 1x/ 2 weeks
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POSTERIOR AND POSTERIOR INFERIOR CAPSULAR SHIFT

Rehabilitation Goals	<ul style="list-style-type: none">• Progressively increase activities to prepare patient for unrestricted functional return
Precautions	<ul style="list-style-type: none">• None
Suggested Therapeutic Exercises	<ul style="list-style-type: none">• Initiate interval programs for recreational athletes• Resisted diagonals• Progress plyometrics and functional activities needed for sport
Cardiovascular Exercises	<ul style="list-style-type: none">• Gradual return to strenuous work activities• Gradual return to recreational activities• Gradual return to sport activities

References: Brigham and Women's Hospital
PT name and date: Jennifer McMahon, PT 2/15/2017
MD name and date: Brian Gilmer, MD March 2017

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