



ORTHOPEDIC ASSOCIATES OF LANCASTER, LTD

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Shoulder & Elbow Surgery

REHABILITATION PROTOCOL: POSTERIOR CAPSULAR SHIFT (OPEN)

Phase I: Protect repair (0 to 8 weeks)

- Patients may shower immediately over clear plastic, waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- 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 and protect repair (8 to 12 weeks)

- 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)

- 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.