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SHOULDER POSTERIOR CAPSULAR SHIFT

THIS PROTOCOL IS PROVIDED FOR GENERAL GUIDELINES AND RECOMMENDATIONS. ALL PHYSICIAN ORDERS SUPERCEDED THIS PROTOCOL. IT IS ADVISED THAT THERPAIST USE CLINICAL JUDGEMENT AND DISCRETION IN ADVANCING PATIENTS THROUGH THE PROTOCOL.

Sling - To be worn until 6 weeks post op. Remove for physical therapy, HEP, hygiene and dressing

PHASE 1 – MAXIMUM PROTECTION PHASE (WEEKS 0-6)

Goals:

1. Initiate early limited range of motion
2. Protect surgical repair
3. Decrease pain and inflammation

Therapeutic Exercise:

Hand ball squeeze or putty
Wrist ROM and strengthening
Elbow AROM
Passive and active scapula ROM
Submaximal isometrics arm at the side, Avoid IR
PROM/AAROM to the shoulder including wand and cane exercises in supine.

0-4 Weeks

Flexion 0-90 degrees
ER at 30 degrees abduction to 30 degrees
IR at 30 degrees abduction to 20 degrees

4-6 Weeks

Flexion to tolerance, may add pulleys
ER at 45 degrees abduction to tolerance
IR at 45 degrees abduction to 35 degrees
Abduction to 90 degrees



Modalities:

Cryotherapy/Ice packs for swelling and pain management
Electrical stimulation/IFC for pain control and swelling if needed

PHASE 2 –INTERMEDIATE PHASE (WEEKS 6-12)

Goals:

1. Full non-painful AROM.
2. Improve strength
3. Increase functional activities

Therapeutic Exercise:

Continue previous exercises as needed
Progress AA exercises to full AROM of the shoulder
Active stretches to improve ROM
Initiate Theraband and isotonic strengthening exercises with emphasis of scapular stabilization, rotator cuff strengthening and elbow strengthening
Add upper body UBE or ergometer

PHASE 3 – ADVANCED STRENGTHENING PHASE (WEEKS 12-18)

Goals:

1. Maintain shoulder ROM
2. Improve shoulder strength and upper extremity strength
3. Return to functional activities

Therapeutic Exercise:

Continue previous exercises
Continue to increase strengthening program as patient can tolerate, Thrower's 10 program
Add closed kinetic chain UE exercises, push up progression
Add functional strengthening exercises for job or sport specific
Initiate plyometrics and interval throwing program progressing slowly



PHASE 4 –RETURN TO ACTIVITY PHASE (WEEKS 18-

Therapeutic Exercise:

Continue previous exercises

Increase throwing program and intensity to sport specific

Initiate exercises and conditioning for return to work or sports activities

RETURN TO WORK and PLAY

Return to work and playing in sporting events when cleared by physician only.