

Shoulder Posterior Capsular Repair Protocol

Maximal Protection Phase (Week 0-4)

- Patient to use sling (especially in crowded areas or areas where the potential for injuries exists). May be in "gunslinger" position. Duration of sling use determined by MD, usually 1-3 weeks.
- Instruct patient in Codman/Dangling position for dressing/hygiene
- Instruct the patient in PROM (Avoid IR with arm abducted or behind back), IR limit set by MD:
- In general, more restricted contact type sports, less with throwers; swimmers
- May be more conservative early if patient is younger or generally hypermobile
- May be less conservative if older or has generally stiff joints
- Avoid horizontal adduction or any cross-body movements
- Avoid behind back with IR (ie. tucking in shirt, wallet from back pocket, don/doff bra)
- Instruct patient in AROM for elbow, wrist and hand
- Joint and soft tissue mobilization PRN for increasing ROM within precautions
- Scapular, elbow, wrist strengthening
- Gym = may add cardio (stationary bike > elliptical > treadmill) and leg strengthening/abdominal training (light weight) after incision healed (approximately week 2-3)

Moderate Protection Phase (Week 4-8)

- Flexion/abduction/ER progress as tolerated unless otherwise noted by MD
- Internal rotation to 50-75 % (MD preference) of uninvolved side (Keep internal rotation work around 45 degrees of abduction through wk 6)
- Horizontal adduction to 50-75% (MD preference) of uninvolved side
- May do modified (seated) sleeper stretch (keeping elbow well below shoulder level)
- Continue above manual therapy and strengthening, add rotator cuff strengthening (focus on endurance)
- Week 8 = ROM unrestricted unless otherwise noted by MD

- Week 8 = may initiate sidelying sleeper stretch

Minimal Protection Phase (Week 8 +)

- Continue progressive strength, endurance, coordination, stabilization exercises
- May begin running outside, rollerblading, road bike after week 10
- No heavy resistance training for 3 months
- At 3-month post op may begin swimming if patient has sufficient ROM and strength
- At 4 months may begin interval throwing program (if sufficient ROM and strength)
- No contact sports until 6-9 months post-op and with Physician clearance, depending on player's position and ROM/strength/endurance

These are general guidelines, which may be altered according to the judgment of the surgeon and physical therapist.

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TAKE TO PHYSICAL THERAPIST

Posterior Capsular Repair Protocol

Maximal Protection Phase (Week 0-4)

- Patient to use sling (especially in crowded areas or areas where the potential for injuries exists). May be in "gunslinger" position. Duration of sling use determined by MD, usually 1-3 weeks.
- Instruct patient in Codman/Dangling position for dressing/hygiene
- Instruct the patient in PROM : (Avoid IR with arm abducted or behind back),
- IR limit set by MD:
 - In general more restricted contact type sports, less with throwers; swimmers
 - may be more conservative early if patient is younger or generally hypermobile
 - may be less conservative if older or has generally stiff joints
- Avoid horizontal adduction or any cross body movements
- Avoid behind back with IR (ie. tucking in shirt, wallet from back pocket, don/doff bra)
- Instruct patient in AROM for elbow, wrist and hand
- Joint and soft tissue mobilization PRN for increasing ROM within precautions
- Scapular, elbow, wrist strengthening
- Gym = may add cardio (stationary bike > elliptical > treadmill) and leg strengthening/abdominal training (light weight) after incision healed (approximately week 2-3)

Moderate Protection Phase (Week 4-8)

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- Internal rotation to 50-75 % (MD preference) of uninvolved side (Keep internal rotation work around 45 degrees of abduction through wk 6)
- Horizontal adduction to 50-75% (MD preference) of uninvolved side
- May do modified (seated) sleeper stretch (keeping elbow well below shoulder level)
- Continue above manual therapy and strengthening, add rotator cuff strengthening (focus on endurance)
- Week 8 = ROM unrestricted unless otherwise noted by MD
- Week 8 = may initiate sidelying sleeper stretch

Minimal Protection Phase (week 8 +)

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