



## Open Anterior Capsular Shift Rehabilitation Protocol

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

### Phase I (Weeks 0-6)

- Protection Phase
  - Goals: Allow healing of sutured capsule
  - Begin early protected and restricted range of motion
  - Retard muscular atrophy and enhance dynamic stability
  - Decrease pain/inflammation
  - Brace: Patients are placed in shoulder immobilizer for 4-6 weeks
- Week 0-3
  - Precautions:
    - Sleep in sling for 4 weeks
    - No overhead activities for 3 weeks. Compliance to rehab program is critical.
  - Exercises:
    - Gripping exercises with putty
    - Elbow and wrist flex/extension and pronation/supination
    - Pendulum exercises (non-weighted)
      - No shoulder abduction or extension
      - AROM cervical spine
      - Shoulder isometrics-Flexors, extensors, ER, ABD
    - No active or active assisted IR x 6 weeks
- Week 4-6
  - Goals:
    - Gradual increase in ROM
    - Normalize arthrokinematics
    - Improve strength
    - Decrease pain/inflammation
  - Range of Motion Exercises
    - L-bar active assisted exercises, gentle PROM exercises
      - ER to 25-30 degrees in scapular plane
      - IR to 30-35 degrees in scapular plane
      - Shoulder flexion to 105-115 degrees
      - Shoulder elevation in scapular plane to 115 degrees
      - Rope and pulley flexion
    - \*All exercises performed to tolerance and therapist/physician motion guidelines
    - \*Take to point of pain and/or resistance and hold
    - \*GENTLE self-capsular stretches
  - Gentle Joint Mobilization to Re-establish Normal Arthrokinematics to:
    - Scapulothoracic joint
    - Glenohumeral joint
    - Sternoclavicular joint
  - Strengthening Exercises
    - Isometrics
    - Rhythmic stabilization exercises
    - May initiate tubing for ER/IR at 0 degrees
  - Conditioning Program for:
    - Trunk



- Lower extremities
- Cardiovascular
- Decrease Pain/Inflammation
  - Ice, NSAID, modalities

**Phase II (Weeks 7-12)**

- Intermediate Phase
  - Goals:
    - Full non-painful ROM at week 10-12
    - Normalize arthrokinematics
    - Increase strength
    - Improve neuromuscular control
  - Week 7-8
    - Range of Motion Exercises
      - L-Bar active assisted exercises at 60-90 degree ABD
      - Continue all exercises listed above
      - Gradually increase ROM to full ROM week 12
      - Continue self-capsular stretches
      - Continue joint mobilization
      - May initiate IR/ER ROM at 90 degrees of abduction
    - Strength Exercises
      - Initiate isotonic dumbbell program
      - Side-lying ER/IR
      - Shoulder abduction
      - Supraspinatus
      - Latissimus dorsi
      - Rhomboids
      - Biceps/triceps curls
      - Shoulder shrugs
      - Push-ups into chair (serratus anterior)
      - Continue tubing at 0 degrees for ER/IR
      - Continue stabilization exercises for the glenohumeral joint
    - Initiate Neuromuscular Control Exercises for Scapulothoracic Joint
  - Week 8-10
    - Continue all exercises listed above, emphasize neuromuscular control drills and scapular strengthening
    - Initiate tubing exercises for rhomboids, latissimus dorsi, biceps and triceps
    - Progress ROM to full ROM as tolerated
      - ER at 90 degrees ABD: 80-85 degrees
      - IR at 90 degrees ABD: 70-75 degrees
      - Flexion to 165-170 degrees

**Phase III (Weeks 12-20)**

- Dynamic Strengthening Phase
- Week 12-17
  - Goals:
    - Improve strength/power/endurance
    - Improve neuromuscular control
    - Prepare athletic patient for gradual return to sports
  - Criteria to Enter Phase III:
    - Full non-painful ROM



- No pain or tenderness
- Emphasis of Phase III
  - Dynamic stabilization exercises
  - Eccentric exercises
  - Diagonal patterns, functional movements
- Exercises
  - Fundamental shoulder exercises
  - Emphasis: neuromuscular control drills, PNF rhythmic stabilization, rotator cuff strengthening and scapular strengthening
  - Continue tubing exercises for ER/IR at 0 degrees ABD (arm at side)
  - Continue isotonics for:
    - Rhomboids
    - Latissimus dorsi
    - Biceps
    - Dumbbell exercises for supraspinatus and deltoid
    - Continue serratus anterior strengthening exercises push-ups floor
  - Continue trunk/LE strengthening exercises
  - Continue neuromuscular exercises
  - Continue self-capsular stretches
- Week 17-20
  - Continue all exercises above
  - Emphasis on gradual return to recreational activities



**Phase IV (Months 20-28)**

- Return to Activity
- Goals:
  - Progressively increase activities to prepare patient for full functional return
- Criteria to Progress to Phase IV:
  - Full ROM
  - No pain or tenderness
  - Satisfactory clinical exam
- Exercise
  - Initiate interval sports programs (if patient is a recreational athlete)
  - Continue tubing exercises listed in Phase III
  - Continue all strengthening exercises
  - Continue ROM exercises

Comments:

Frequency: \_\_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_