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-capular 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
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

- 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 deltoïd
      - 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:** __________________