

Post-Operative Instructions

Open Anterior Capsulorrhaphy

Day of Surgery

- A. Relax. Diet as tolerated.
- B. Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Once the dressing is removed on the first or second day, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite.

You will be contacted by East Coast Orthotics regarding an ice compression unit to be used after surgery. This helps with pain and swelling but typically is not covered by insurance. The cost is \$200-300 for a 2-week rental. Alternatively, ice gel packs with a shoulder or knee sleeve can be provided by the hospital for a minimal charge.

- C. Pain medication as needed every 6 hours (refer to pain medication sheet)

First Post-Operative Day

- A. Continue ice pack everyone to two hours while awake and pain meds as needed or cryocuff or gameready. Ice cuff as per instructions.

Second Post-Operative Day

- A. Continue ice pack up to post op day 2-5 and utilize after physical therapy sessions.

Third Post-Operative Day

- A. You may remove surgical bandage and shower this evening. Apply 4x4 (or similar size) waterproof bandage to these wounds prior to showering and when showering is complete apply fresh waterproof bandage. You will need to follow this routine for 2 weeks after surgery.

Physical Therapy

- A. Physical Therapy should begin at 4 weeks. Please call your preferred facility to make an appointment.
- B. Pendulum exercises should begin after the first postoperative follow-up visit.

**Note: Your shoulder will be very swollen. It may take a week or longer for this to go away. It is also common to notice burning around the shoulder as the swelling resolves. If excessive bleeding occurs, please notify Dr. Jazrawi.*

Call our office @ 646-501-7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at www.newyorkortho.com.

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Rehabilitation Guidelines for Arthroscopic Capsular Shift

The anatomic configuration of the shoulder joint (glenohumeral joint) is often compared to a golf ball on a tee. This is because the articular surface of the round humeral head is approximately four times greater than that of the relatively flat shoulder blade face (glenoid fossa)¹ (Figure 1). The stability and movement of the shoulder is controlled by the rotator cuff muscles, as well as the shoulder ligaments, the capsule of the shoulder and the glenoid labrum. The labrum is a fibrocartilagenous ring which attaches to the bony rim of the glenoid fossa.¹ The labrum doubles the depth of the glenoid fossa to help provide stability.² An analogy would be a parked car on a hillside with a block under the tire — the round tire is the humeral head, the road is the glenoid fossa and the chop block is the labrum. The anatomy of the shoulder allows for great mobility, yet this anatomical structure also sacrifices stability. The shoulder is one of the most commonly dislocated joints in the body. Shoulder dislocations can occur from trauma, such as falling on an outstretched hand. When this happens it is common for the capsule and ligaments to be torn, which often includes a large tear of the glenoid labrum. The type of labral tears in which a large piece of the labrum loses its connection to the glenoid fossa are called Bankart lesions. Shoulder dislocations often lead to recurrent dislocation or subluxation, and posterior shoulder instability occurs when the humeral head subluxes or dislocates in relationship to the glenoid. Shoulder instability may involve the front of the shoulder, and then is referred to as anterior instability. When it occurs in the back of the shoulder it is referred to as posterior instability and when it occurs toward the bottom of the shoulder it is referred to as inferior instability. Complete shoulder dislocations or subluxations (also termed as a partial dislocation of the joint) can also be caused by “hyperlaxity” (genetic or acquired looseness of the shoulder capsule and ligaments). Hyperlaxity often affects the shoulder in more than one direction, which is referred to as multi-directional instability.

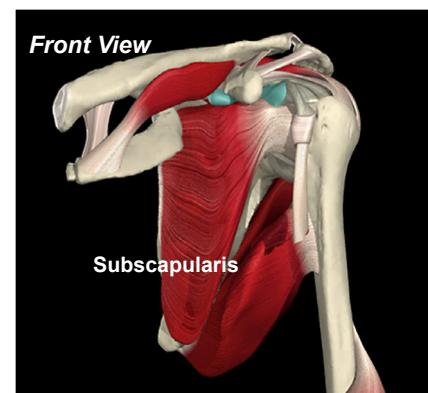
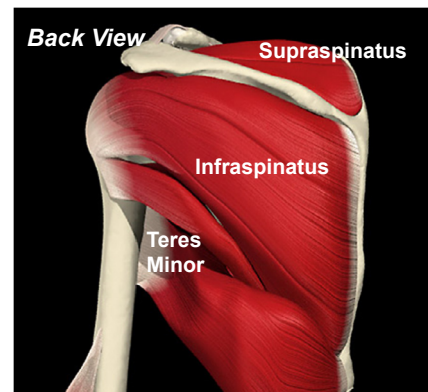


Figure 1 Rotator cuff anatomy

Rehabilitation Guidelines for Arthroscopic Capsular Shift

This often occurs without a true Bankart lesion. For some athletes multi-directional instability can be treated nonoperatively with rehabilitation. This often involves strengthening the rotator cuff and scapular muscles, as well as improving the body's neuromuscular reaction to sudden changes of position or movement. When these approaches are unsuccessful and instability continues, the athlete may be left with the option of changing sports or having surgery. Surgical correction for multi-directional instability consists of tightening the capsule and ligamentous tissue by reducing the "looseness" or size of the capsule. This is usually done by taking "tucks" in the capsule with suture material. After surgery, rehabilitation plays a crucial role in maximizing the patient's functional outcome. In the early phases after surgery it is necessary to protect the surgical repair to allow healing. This is done by only allowing the patient to move the shoulder through certain ranges of motion and wear a sling most of the time that they are not doing rehabilitation exercises. The range of motion restrictions can be seen in Phase I below. The rehabilitation guidelines are presented in a criterion based progression. General time frames are given for reference to the average, but individual patients will progress at different rates depending on their age, associated injuries, pre-injury health status, rehab compliance and injury severity. Specific time frames, restrictions and precautions may also be given to protect healing tissues and the surgical repair/reconstruction.

Rehabilitation Guidelines for Arthroscopic Capsular Shift

Phase I (Surgery to 6 weeks after surgery)

Goals	<p>Allow healing of sutured capsule. Begin early protected and restricted range of motion. Retard muscular atrophy and enhance dynamic stability. Decrease pain/inflammation. Improve strength. Gradual increase in ROM. Normalize arthrokinematics.</p>
Precautions	<p>Brace: patients are in shoulder immobilizer for 4-6 weeks. Sleep in sling for 4 weeks. No overhead activities for 3 weeks. Compliance to rehab program is critical.</p>
Range of Motion Exercises	<p>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</p> <p>All exercises performed to tolerance and therapist/physician motion guidelines Take to point of pain and/or resistance and hold GENTLE self-capular stretches</p>
Therapeutic Exercises	<p>Gentle Joint Mobilization to Re-establish Normal Arthrokinematics to: Scapulothoracic joint Glenohumeral joint Sternoclavicular joint</p> <p>Strengthening Exercises Isometrics Rhythmic stabilization exercises May initiate tubing for ER/IR at 0 degrees</p> <p>Conditioning Program for: Trunk 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</p>
Other Suggestions	<p>Decrease Pain/Inflammation Ice, NSAID, modalities</p>

Rehabilitation Guidelines for Arthroscopic Capsular Shift

Phase II (7 weeks to 12 weeks following surgery)

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

Phase III (12 weeks to 20 weeks following surgery)

Goals	<p>Improve strength/power/endurance</p> <p>Improve neuromuscular control</p> <p>Prepare athletic patient for gradual return to sports</p>
Range of Motion Exercises	<p>Fundamental shoulder exercises</p> <p>Emphasis: neuromuscular control drills, PNF rhythmic stabilization, rotator cuff strengthening and scapular strengthening</p> <p>Continue tubing exercises for ER/IR at 0 degrees ABD (arm at side)</p>
Therapeutic Exercises	<p>Continue isotonics for:</p> <p>Rhomboids</p> <p>Latissimus dorsi</p> <p>Biceps</p> <p>Dumbbell exercises for supraspinatus and deltoid</p> <p>Continue serratus anterior strengthening exercises push-ups floor</p> <p>Continue trunk/LE strengthening exercises</p> <p>Continue neuromuscular exercises</p> <p>Continue self-capsular stretches</p>

Rehabilitation Guidelines for Arthroscopic Capsular Shift

Phase IV (20 weeks to 28 weeks following surgery)

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

References

1. Bell JE. Arthroscopic management of multidirectional instability. Orthop Clin North Am. 2010 Jul; 41(3):357-65.
2. Bigliani LU, Kurzweil PR, Schwartzbach CC, Wolfe IN, Flatow EL. Inferior capsular shift procedure for anterior-inferior shoulder instability in athletes. Am J Sports Med. 1994 Sep-Oct;22(5):578-84.
3. Duncan R, Savoie FH 3rd. Arthroscopic inferior capsular shift for multidirectional instability of the shoulder: a preliminary report. Arthroscopy. 1993;9(1):24-7.

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 isotonic exercises 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: _____