Rehabilitation Protocol
Posterior Capsular Shift (Open)

**Phase I: Protect repair (0 to 8 weeks)**

- Patients may shower immediately over clear plastic, waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Brace should be in place when not performing exercises.
- Avoid ROM into flexion and IR.
- Initiate exercise program 3 times per day:
  1. Immediate elbow, forearm and hand range of motion
  2. Passive and ER to 30

**Phase II: Progress ROM and protect repair (8 to 12 weeks)**

- May discontinue brace.
- Lifting restriction of 5 pounds with the involved extremity.
- Initiate gentle rotator cuff strengthening.
- Continue scapular stabilizer strengthening.
- Avoid flexion > 130 and IR in abducted position > 30.
- Advance active and passive ROM:
  1. ER at the side and scapular plane elevation to tolerance
  2. Flexion to 130
  3. Extension to tolerance
  4. IR from abducted position to 30 degrees

**Phase III: Full function (>3 months)**

- Begin combined full flexion and IR from abducted position.
- Discontinue lifting restrictions.
- Advance rotator cuff and scapular stabilizer strengthening.
- Initiate functional progression to sports specific activities at 4 months.