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REHAB PROTOCOL: Open Shoulder Capsular Shift

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Protection phase): Weeks 0-6

Precautions

- Patient to remain in sling with abduction pillow for 2 weeks. Wean off the sling in after 6 weeks.
- **NO** pushing yourself from chair or bed with the operative arm.
- **NO** Resistive Internal Rotation, and **NO** passive ER past neutral
- **NO** Internal Rotation behind the back, **NO** stretching in Abduction IR and **NO** ER stretching with the arm in 90deg of abduction
- No canes/pulleys until 4-6 weeks post-op, because these are active-assist exercises

ROM exercises:

Therapist supervised passive ROM in supine, lying down position

- True supervised PROM only!
 - Passive ER (roll towel under elbow, supine) to neutral
 - Passive FF (elbow bent at 90deg, supine, in scaption) to less than 90deg
- Pendulum hangs (**ONLY IF THE PATIENT CAN DO IT PROPERLY**)
- Active hand and wrist exercises
- Scapular exercises: Scapular pinch and roll and shoulder shrug

Phase II (Active Range of Motion phase) Weeks 6-12:

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Precautions

- **NO** lifting anything heavier than soda bottle
- Patient has to face the pulley and **NO** pulleys behind the back
- **AVOID** sudden jerking motion or grabbing on to objects far out from you
- **AVOID** body blade, weights or upper body ergometer in the Phase I and initial strengthening phase

Exercises guidelines

- Discontinue sling at 6 weeks
- Start AROM and increase PROM
 - Restrict passive motion to 150deg PFF/ 30 degree PER at side /90 degree of abd by 8 weeks and advance to full motion by 12 weeks
- Strengthening (isometrics/light bands) within AROM limitations and arm at side initially and slowly advance to horizontal abduction exercises
- Strengthening scapular stabilizers (Latissimus dorsi, Trapezius, Rhomboids)

Phase III (strengthening phase): Weeks 12-16

Precautions

- Patient should have full ROM, no substitution patterns and good scapulothoracic control
- **NO** heavy lifting (>10 pounds)
- **AVOID** sudden jerking motion or sudden reaching out to grabbing objects
- Lateral raises and side raises with weights should be with the bent elbow and below the shoulder level

Exercises

- Advance to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: rotator cuff, deltoid, and scapular stabilizers
- Closed chain Deltoid
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics and proprioception

Phase IV (Advanced strengthening phase/Sports specific Rehab phase): Weeks 16-24

Exercises

- Begin sports related rehab at 4 months, including advanced conditioning



- Return to Golf, tennis, basketball programs initiated at 4-5 months
- Return to throwing at 6 months
- Throw from pitcher's mound at 9 months
- Collision sports at 6 months

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

Evaluation and others

- ◇ Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____

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