

Anterior and Posterior Capsular Shift and Superior Labral Repair Protocol

Initial Protective Phase (0-4 weeks post-operative)

Precautions:

- A. No active shoulder elevation until 4 weeks post-op. (if there was no superior labral repair active shoulder elevation is allowed.)
- B. Continue use of sling unless the arm is supported while sitting.
- C. No internal rotation behind the back until 4 weeks post op.
- D. No shoulder horizontal adduction until 4 weeks post op.
- E. No passive elevation beyond 90 degrees until 4 weeks post op.
- F. No external rotation beyond 45 degrees at 0 degrees abduction until 4 weeks post op.

I. Therapeutic Exercise (weeks 1-4)

- A. Full AROM elbow, wrist and hand.
- B. Codman pendulum exercise.
- C. External rotation PROM, AAROM, and AROM limited to 45 degrees at 0 degrees abduction.
- D. Flexion and abduction AAROM and PROM limited to 90 degrees.
- E. Light sub maximal isometric abduction, external rotation, internal rotation, extension, and scapular retraction.

II. Intermediate Phase (weeks 4-5)

- A. Discontinue use of sling.
- B. Progress flexion and abduction PROM and AAROM as tolerated beyond 90 degrees elevation.
- C. Initiate flexion and abduction AROM to tolerance.
- D. Progress external rotation ROM as tolerated beyond 45 degrees at 0 and 45 degrees abduction.
- E. Initiate internal rotation flexibility and AAROM behind the back to tolerance.
- F. Initiate AROM to tolerance in all planes of motion beginning in gravity lessened positions and progressing against gravity as tolerated.

G. Progress sub maximal isometric flexion, abduction, external rotation, extension and scapular retraction.

H. Progress PROM in all planes as tolerated.

III. Strength Phase (weeks 6-9)

A. Continue progressive PROM and AAROM in all planes to achieve full shoulder ROM.

B. Initiate external rotation and internal rotation ROM as tolerated at 90 degrees of abduction.

C. Continue AROM exercises.

D. Initiate progressive resisted exercise shoulder flexion, abduction, external and internal rotation, horizontal abduction and adduction. Do not go beyond neutral horizontal adduction.

E. Initiate rhythmic stabilization internal and external rotation at 0 degrees, 45 degrees, and 90 degrees abduction. Initiate flexion and extension rhythmic stabilization at 90 degrees flexion and horizontal abduction and adduction rhythmic stabilization at 90 degrees flexion.

F. Start closed chain stabilization exercise in standing (i.e. wall pushups).

G. Begin horizontal adduction flexibility if needed at 8 weeks post-operative.

IV. Advance Strength and Stabilization (weeks 10-11)

A. Continue progressive resisted exercise as above.

B. Initiate rotator cuff strengthening at 90 degrees of abduction.

C. Progress closed chain stabilization exercise against body weight (i.e. table pushups progressing to floor, swiss ball stabilization).

V. Advanced Plyometric and Throwing Phase (week 12)

A. Continue strengthening as above.

B. Begin plyoball training.

C. Begin throwing progression.

D. Simulate sport specific motion for over-head athletes.