

Posterior Capsular Shift and Posterior Labral Repair Protocol

Initial Protective Phase (0-4 weeks post operative)

Precautions:

- A. Avoid active shoulder elevation.
- 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 elevation beyond 90 degrees 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 to tolerance at 0 and 45 degrees of abduction.
- D. Flexion and abduction AAROM and PROM limited to 90 degrees.
- E. Light sub maximal isometric abduction, external rotation, internal rotation and extension.

II. Intermediate Phase (weeks 4-5)

- A. Discontinue use of sling
- B. Progress flexion and abduction PROM and AAROM and AROM to tolerance beyond 90 degrees elevation
- C. Begin internal rotation flexibility and AAROM behind the back to tolerance
- D. Start AROM to tolerance in all planes of motion beginning in gravity lessened positions and progressing against gravity as tolerated.
- E. Continue sub maximal isometric flexion, abduction, external rotation and extension
- F. Progress PROM in all planes to full

III. Strength Phase (weeks 6-9):

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

B. Continue AROM exercises

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

D. Start rhythmic stabilization exercise internal and external rotation at 0 degrees, 45 degrees, and 90 degrees abduction and flexion and extension at 90 degrees flexion, horizontal abduction and adduction at 90 degrees flexion

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

F. Begin horizontal adduction flexibility if needed at 8 weeks post operatively.

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

A. Continue progressive resisted exercise as above

B. Start rotator cuff strengthening at 90 degrees 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