



Mid-America Orthopedics

Dr. John Babb

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ANTERIOR/POSTERIOR CAPSULAR SHIFT PROTOCOL

Day 1-13 (1-2 Visits/week)

- Immobilization: Sling continuously worn with abduction pillow for 6 weeks. May remove sling for hygiene and exercise.
- PT removes bandages on POD #3, keep steri-strips intact until Dr Babb can remove them.
- No ointments, betadine etc should be used on the incisions or portals.
- If any drainage/oozing is present recover with 4x4's, and notify Dr Babb (may need antibiotics).
- **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
- If any wounds are oozing delay range of motion until wounds are closed and healed.
- **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are scars
- **Exercise:**
 - Elbow/wrist/hand ROM
 - Grip strengthening
 - Isometric abd/ER/IR with elbow at side
- **PROM:**
 - Full PROM elbow and wrist
 - Shoulder flex to 45
 - Shoulder IR/ER to 10-15 degrees at 20 deg ABD

Day 14-27 (1-3 Visits/week)

- **PROM**
 - ER to 10-15 degrees at 30 degrees in scapular plane
 - IR to 15-20 degrees at 30 degrees scapular plane
 - Shoulder flexion 70 degrees
- **STRENGTHENING**
 - Isometrics
 - May initiate tubing for ER/IR at 0 degrees
 - Rhythmic stabilization
 - Scapular strengthening
 - Core stabilization, pelvic tilts

Day 28 - Week 8 (1-3 Visits/week)

- **PROM**
 - ER at 40 degrees abduction scapular plane to 40 degrees
 - IR at 40 degrees abduction scapular plane to 45 degrees
 - Flexion / Abduction to 125 degrees
- **AAROM**
 - Start at wk 5 but remain within ROM limits of protocol
- **STRENGTHENING**
 - Initiate AROM at wk 6
 - Wean out of sling starting at wk 6
 - Initiate hand on wall rhythmic stabilization
 - Emphasize rotator cuff strengthening
 - Prone rowing

8-10 Weeks Post-op (1-3 Visits/week)

- **PROM:** (GOAL: obtain 80% of full ROM at wk 10 and allow time & patient to gain the rest)
 - ER at 90 degrees abduction scapular plane to 70 degrees
 - IR at 40 degrees abduction scapular plane to 55 degrees
 - Flexion / Abduction 145-150
- **STRENGTHENING**
 - Initiate isotonic dumbbell program
 - Rockwoods, I's Y's T's, biceps/triceps, SL ER ect.

11-14 Weeks Post-op (1-3 Visits/week)

- **PROM**
 - ER at 90 degrees abduction scapular plane 75-80 degrees
 - IR at 90 degrees abduction scapular plane 55 degrees
 - Flexion / Abduction 165-170
- **STRENGTHENING**
 - Continue all previous exercises

15-17 Weeks Post-op (1-3 Visits/week)

- **ROM**
 - Full & non-painful ROM
- **STRENGTHENING:** (GOAL: 70% or better compared to contralateral side)
 - Continue to progress strength & neuromuscular control exercises

18-22 Weeks Post-op (1-3 Visits/week)

- Continue exercise as previously
- Emphasis on gradual return to restricted recreational activities
- **NO Overhead Sports until approved by Dr.

Progression within the individual time frames is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.