



# Mid-America Orthopedics

**Dr. John Babb**

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## **ANTERIOR/POSTERIOR CAPSULAR SHIFT PROTOCOL**

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

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- 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)**

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- **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.