

Arthroscopic Anterior and Posterior Capsular Shift/Plication Post-Operative Rehabilitation Protocol

There is no subscapularis involvement

BICEPS TENODESIS PRECAUTIONS:

Only
follow if
checked

1. No Resisted elbow flexion for 8 weeks
2. No Resisted shoulder flexion for 8 weeks
3. No Lifting of anything over 1 to 2 pounds for 8 weeks.

I. Phase I – Protection Phase (Week 0 – 6)

Goals: Protect surgical site

Initiate ROM to prevent adhesions and increase circulation

Initiate muscle contraction to enhance dynamic stability

Decrease pain/inflammation

General considerations:

1. Wear sling for 4-6 weeks and sleep in immobilizer for 4 weeks
2. No overhead activities for 4 weeks
3. No active or passive extension for 4 weeks
4. **No internal rotation PROM**
5. **Avoid passive flexion greater than 90 degrees for 4 weeks**
6. **Provide support during flexion to prevent gravity assisted posterior humeral head translation**
7. **No passive or active extension for 4 weeks**

A. Week 0 – 2

1. Pendulum exercises (gentle: goal is not motion)
2. PROM / AAROM (**No IR**)
 - a. Shoulder flexion in **Side-lying** to 90 degrees***
***Be sure to support so humeral head does not stress posterior capsule**
 - b. ER (at 20° ABD) to 30°
3. Wrist, elbow, and cervical spine AROM
4. Grip and wrist strength
5. Submaximal isometrics at 0° ABD with towel roll Shoulder ER, IR, Ext., flex, and ABD
6. Scapular retractions and depression (**no extension**)
7. Cryotherapy

B. Week 3 – 4

1. PROM and AAROM
 - a. Shoulder flexion in **prone or side-lying to 90 degrees*****
***Be sure to support so humeral head does not stress posterior capsule**
 - b. ER to 45° in scapular plane
 - c. Shoulder horizontal ABD/ADD (gentle)
2. AAROM (Cane and pulley exercises within ROM limits)
3. Scapular retractions and depression
4. Gentle joint mobilization (GH, SC, and scapulothoracic)
5. Multi-angle isometrics progressive resistance
6. Scapular PNF
7. Cryotherapy and modalities as needed

C. Week 5 – 6

1. PROM and AAROM
 - a. Shoulder flexion to 130 starting at **week 5** (160° by week 6)
 - b. Shoulder extension to 30° by week 6
 - c. ER to tolerance.
 - d. IR to 60° at week 5 / **IR to tolerance at 6 weeks (Not before)**
2. AROM: Standing flexion and ABD to tolerance (no hiking)
3. Supraspinatus progress full can within ROM limits
4. Theraband IR/ER
5. Closed kinetic chain exercises (prone on elbows, quadruped, etc.)
6. Posterior capsular stretching
7. Grade II and III joint mobilizations - posterior and inferior
8. Progress stabilization and neuromuscular control exercises
9. Initiate light resistance isotonic
 - a. Biceps / triceps
 - b. Controlled midrange serratus punches
 - c. Prone Rowing and extension (**to neutral**)

II. Phase II – Intermediate Phase (Week 6 – 12)

Goals: Full non-painful ROM by week 8
Normalize arthrokinematics
Increase strength
Improve neuromuscular control

A. Week 6 - 8

1. AAROM/PROM – progress to full ROM by week 8:
 - a. ER at 90° ABD to 90 - 100°
 - b. IR at 90° ABD to 70 – 75°

2. Continue joint mobilizations and capsular stretches
3. Isotonic dumbbell program
 - Supine and Sidelying IR/ER, Shoulder ABD, Biceps/triceps, Serratus punches
4. Supine IR/ER theraband up to 90 degrees ABD
5. Rhythmic stabilization for IR/ER at 45° ABD
6. PNF D2 diagonals light manual resistance
7. Upper body ergometer (UBE) light resistance
8. Wall push-ups (elbow to thorax)
9. Quadraped rhythmic stabilization
10. Prone ER with 90 degrees ABD and 90 degrees elbow flex
11. Bodyblade (start with arm down by side)

B. Week 9 -12

1. Continue all above exercises
2. Prone extension, lower trap, and horizontal ABD (thumb up and down)
3. Aggressive stretching and joint mobilization, if needed
4. Double hand plyometrics (chest, overhead, and diagonals) (10 wks)
5. Latissimus pulldowns in front of body
6. Progress to one hand plyometrics (ball toss, ball on wall) (close to 12 wks)
7. PNF – progress from manual resistance to theraband

III. Advanced Strengthening Phase (Week 12 – 20)

A. Week 12 – 16

1. Continue self capsular stretches
2. Theraband IR/ER in 90/90 position (slow and fast)
3. Continue all isotonic strengthening
4. Progress to floor push-ups (plus) with BOSU
5. Progress neuromuscular control exercises
6. Throwing into plyoback (1#)

B. Week 16 -20

1. Continue all above exercises
2. Initiate interval sports program
3. Progress plyometrics
 - a. ER and IR at 90° ABD
 - b. D2 extension plyometrics
 - c. Plyoball and Deceleration tosses
4. Bench press (do not allow arm below the body)