



Austin Cole, MD

## Open Anterior Capsular Shift Post-Operative Protocol

### Post op – Week 3

Shoulder Immobilizer on at all times, except during shower and rehabilitation  
Will ease out of immobilizer starting at week 4  
Decrease pain/inflammation utilizing modalities  
No lifting  
No combined abduction/external rotation for 6 weeks  
Postural education  
HEP

### Exercises:

AROM elbow flexion/extension and pronation/supination; wrist; c-spine (upper arm at side)  
PROM for shoulder:  
Flexion to tolerance  
Abduction to 90 (no ER)  
Gentle IR and ER in scapular plane (IR-as tolerable/ER-20 degrees by week 2)  
Gripping exercises (ie: putty, towel, stress ball)  
Pendulum exercises (non-weighted)  
Light shoulder submaximal isometrics with GH neutral position (supine or standing)  
Scapular stability/mobility  
Bike (no arms)

### Week 3 – Week 6

Ease out of immobilizer starting at week 4  
No combined abduction/external rotation for 6 weeks  
Decrease pain/inflammation utilizing modalities  
No lifting greater than 15 lbs.  
Re-establish normal arthrokinematics  
Gradually increase ROM  
Improve strength  
HEP

### Exercises:

Proprioceptive/neuromuscular control exercises  
Posterior capsule crossbody stretching  
PROM for shoulder:  
Flexion to full  
Abduction to tolerance  
Gently progress ER with abduction (ER at 90 degrees abduction- 75 degrees by week 6)  
AAROM progression to AROM (cane/pulley progression)  
Scapular stabilization exercises  
Progress theraband and standing dumbbell exercises  
UBE  
Bicycle and/or elliptical  
Core strengthening

### Week 6 – Week 12

Restore full AROM

Progress strengthening; including prone/semi prone scapular exercises

Initiate functional activities

#### Exercises:

Progress proprioceptive/neuromuscular control exercises

Posterior capsule stretching

Two-handed plyometrics starting at week 8

One-handed plyometrics starting at week 10

UBE

Bicycle and/or elliptical; running progression starting at week 10

Core strengthening

### Week 12 – Week 20

Maintain full ROM

Regain full functional strength and endurance

#### Exercises:

Start a progressive gym lifting program

Week 16 - Progress sport specific

Week 20 - Initiate Throwing Program (provided by provider)