

PT for Open Capsular Shift – As Used In Football Players

(Standardized Postoperative Rehabilitation Protocol for Capsular Shift Surgery for Shoulder Instability)

Weeks

after surgery

- 0-4 Sling immobilization with shoulder in internal rotation, pendulum exercises, elbow range of motion.
- 4-8 Passive and active-assisted shoulder range of motion. Limit external rotation to 45 degrees. When 140 degrees of active forward flexion is obtained, begin rotator cuff strengthening (internal-external rotation strengthening with arm at low abduction angles).
- 8-12 Deltoid isometric exercises with arm at low abduction angles, body blade exercises. Limit external rotation to 45 degrees. If no impingement or rotator cuff symptoms are noted, slowly increase abduction during rotator cuff and deltoid strengthening. Scapular rotator strengthening: press-ups (seated dips), shrugs, horizontal abduction exercises, open-can exercises.
- 12-18 Restore terminal external rotation. Orient for return to sport (progress from field drills to contact drills). Obtain abduction harness for selected football positions (lineman). Return to full contact when abduction and external rotation strength are symmetrical on manual muscle-testing.

From: Pagnani and Dome (2002, Journal of Bone and Joint Surgery)