

PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

G. CLAY BAYNHAM, M.D. | MICHAEL COONEY, M.D. | MELISA ESTES, M.D. | VINCENT FOWBLE, M.D. | KENNETH GERSZBERG, M.D.
BRIAN HILL, M.D. | JOHN HINSON, M.D. | JAMES KERPSACK, M.D. | JUSTIN KEARSE, M.D. | MICHAEL LEIGHTON, M.D. | FERNANDO MORA, M.D.
ANDREW NOBLE, M.D. | SCOTT NORRIS, D.O. | JOHN SCHILERO, D.P.M. | ANDREW SELTZER, D.O. | GARY WEXLER, M.D.

Rehabilitation Protocol **Posterior Capsular Shift (Open)**

Phase I: Protect repair (*0 to 8 weeks*)

- Patients may shower immediately over clear plastic, waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Brace should be in place when not performing exercises.
- Avoid ROM into flexion and IR.
- Initiate exercise program 3 times per day:
 1. Immediate elbow, forearm and hand range of motion
 2. Passive and ER to 30

Phase II: Progress ROM and protect repair (*8 to 12 weeks*)

- May discontinue brace.
- Lifting restriction of 5 pounds with the involved extremity.
- Initiate gentle rotator cuff strengthening.
- Continue scapular stabilizer strengthening.
- Avoid flexion > 130 and IR in abducted position > 30.
- Advance active and passive ROM:
 1. ER at the side and scapular plane elevation to tolerance
 2. Flexion to 130
 3. Extension to tolerance
 4. IR from abducted position to 30 degrees

Phase III: Full function (*>3 months*)

- Begin combined full flexion and IR from abducted position.
- Discontinue lifting restrictions.
- Advance rotator cuff and scapular stabilizer strengthening.
- Initiate functional progression to sports specific activities at 4 months.

(561) 694-7776 | www.pboi.com

4215 BURNS RD, SUITE 100, PALM BEACH GARDENS, FL 33410 | 2055 MILITARY TR, SUITE 200, JUPITER, FL 33458
1411 FLAGLER DR, SUITE 9800, WEST PALM BEACH, FL 33401 | 7701 SOUTHERN BLVD, SUITE 100, WEST PALM BEACH, FL 33411