

## Greater Hartford Orthopedic Group, P.C.

Jay A. Kimmel, M.D.  
113 Elm Street, Suite #203  
Enfield, CT 06082  
Phone: (860) 253-0276 Fax: (860) 253-0431  
[www.ctortho.com](http://www.ctortho.com)

---

### Postoperative Rehabilitation Protocol: Inferior Capsular Shift

#### **Phase I: Weeks 0-4**

**GOALS:** Protect anterior capsule and labrum, minimize pain and swelling, full PROM, encourage HEP

**Immobilization:** Wear sling at all times except for hygiene and home exercises

**ROM:** Progress to full passive flexion, abduction and internal rotation as tolerated  
External rotation limited to:

- 30 degrees at 45 degrees abduction week 2
- 45 degrees at 45 degrees abduction week 3
- 45-60 degrees at 60-90 degrees abduction week 4

**Modalities:** Cryotherapy  
EMS to shoulder girdle muscles as indicated

**Exercises:** Elbow, wrist and hand active ROM  
PROM FE and ER as discussed above and joint mobilizations  
Submaximal shoulder isometrics in all planes  
Progression to scapular and rotator cuff PRE's with arm at side as tolerated  
No resisted shoulder elevations

#### **Phase II: Weeks 4-12**

**GOALS:** Protect anterior capsule and labrum, full PROM in all planes, maximize muscle strength of rotator cuff and scapular stabilizer muscles

**Immobilization:** -Discontinue shoulder sling as tolerated

**ROM:** Progress to full by 6 weeks, aggressively as needed  
External rotation to full at 90 abduction by week 8

**Modalities:** Cryotherapy

**Exercises:** Overhead pulleys, wands/canes, pendulum, passive ROM as indicated  
PROM and joint mobilizations  
Progress PRE program – prone scapular stabilization program, rotator cuff strengthening/endurance  
Total Arm Strengthening program for maximum functional strength  
Aerobic conditioning as tolerated

## **Phase III: 3 – 6+ Months**

**GOALS:** Maximize rotator cuff strength and scapular stabilizer muscles, return to pain free functional sport and/or work activities

**ROM:** Full pain free ROM throughout, aggressively pursuing any deficits

**Exercises:** Begin throwing program and/or overhead activities  
Closed chain/push up progression

**Return to Sport/Function:**

- Strength goals met
- Full ROM
- Functional Progression and/or Work Hardening completed
- Throwing Program at 6 month post op.