

# Posterior Shoulder Capsular Repair

## Phase 1 (Initial 3 weeks post-surgery)

- Dressing removed in therapy; gunslinger brace all times for three weeks
- Wrist and elbow ROM as tolerated, ball squeezes

## Phase 2 (3-6 weeks)

- Start gentle passive ROM with shoulder flexion, abduction, external rotation
  - Progress with internal rotation as needed
  - Add active-assist (wand exercises) and shoulder shrugs
  - Progress with isometric internal and external rotation with arm at side and elbow flexed at 90 degrees (pain free contraction)
  - As strength improves, add active external rotation with tubing (pain free)

## Phase 3 (6-8 weeks)

- Continue passive and active-assist ROM exercises; may add wall climbs
- Progress to free weights for external rotation in prone lying position with arm abducted to 90 degrees or sidelying with arm at the side
  - Perform combined movements of horizontal abduction followed by external rotation to protect posterior capsule
  - If sidelying, limit degrees of internal rotation to protect capsule
  - Add supraspinatus exercise if pain free and ROM 0-90 degrees
  - Shoulder positioned in scapular plane in 20-30 degrees forward of coronal plane
  - Add active shoulder flexion through available ROM and active abduction to 90 degrees

## Phase 4 (2-3 months)

- Should have full passive and active ROM
- Add shoulder stretch/mobilization as needed
- Add push ups in 80-90 degrees of abduction (pain free)
  - Do not raise body beyond scapular plane
  - Begin with wall push ups
  - Continue isotonic strengthening with emphasis on rotator cuff and posterior deltoid
  - Active internal rotation with tubing and PNF upper extremity patterns added
  - Flexion/abduction/external rotation diagonals emphasized
  - Start  $\frac{1}{4}$  of way in diagonal and limit range to latter  $\frac{3}{4}$  to protect capsule
  - Horizontal abduction performed through increased range (starting position at 90 degrees of horizontal abduction as tolerated)

## Phase 5 (4 months)

- Continue to progress weights as needed; emphasize eccentric cuff strengthening
- Can add ergometer for endurance
- Can add isokinetic strengthening at high speeds (200 plus degrees/second) for internal/external rotation with arm at side and horizontal abduction
- Need 5-10 pounds external and 15-20 pounds internal rotation prerequisite strength and pain free shoulder motion before starting

#### Phase 6 (5 months)

- Isokinetic test
- Continue to progress isotonic and isokinetic exercises (can add flexion/extension and abduction/adduction)
- Add military press with weight directly over or behind head
- Total body conditioning and flexibility addressed

#### Phase 7 (6 months)

- Second isokinetic test
- Should have 80% strength and endurance as compared to opposite side before proceeding with sport specific activities
- Continue total body conditioning
- Start practicing skills specific to work or sport activity if indicated
  - Use heat prior to stretching and ice after activity