



Capsular Shift

Name _____ DOS: _____
 Dr. Petre _____ DX: _____

! = Do exercise for that week/month

Week

	Phase I – Maximal Protection Passive Range of Motion (PROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
PROM Restrictions FE: 90 x 3 weeks ER: 30 x 5 weeks IR: full ABD: 60 x 3 weeks Begin Full AROM: 6 weeks Sling 6 weeks	DATE															
	Scapular Retraction-Depression				•	•	•									
	Cervical ROM Exercises	•	•	•	•	•	•									
	Elbow/Hand/Wrist ROM	•	•	•	•	•	•									
	Pendulums						•	•	•	•	•					
	Aqua Therapy for Gentle AAROM						•	•	•	•	•					
	Ankle Pumps to prevent DVT's	•	•	•	•	•	•									
	Passive ROM															
	External Rotation**						•	•	•	•		Continue PROM until full ROM is achieved.				
	Forward Elevation & Scaption						•	•	•	•						
Abduction						•	•	•	•	Avoid Combination 90/90 ABD/ER for 12 weeks						
Internal Rotation to Belt Line						•	•	•	•							
Internal Rotation						•	•	•	•							
	Phase II-Minimal Protection Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
T.E.D. Hose 2 Weeks to prevent DVT Time Lines Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)	Active Assist ROM															
	Internal/External Rotation						•	•	•	•	•	•	•	•	•	
	Forward Elevation & Scaption						•	•	•	•	•	•	•	•	•	
	Isometrics-Light															
	Internal/External Rotation								•	•	•	•	•	•	•	
	Flexion/Extension								•	•	•	•	•	•	•	
	Active ROM															
	Sidelying External Rotation						•	•	•	•	•	•	•	•	•	
	Forward Elevation & Scaption (lawn chair progression)						•	•	•	•	•	•	•	•	•	
	Salutes (lawn chair progression)						•	•	•	•	•	•	•	•	•	
Precautions Progress External Rotation cautiously to avoid overstretching the shoulder.	Prone Horizontal Abduction w/ ER						•	•	•	•	•	•	•	•		
	Prone Lower Traps						•	•	•	•	•	•	•	•		
	Prone Extensions with ER						•	•	•	•	•	•	•	•		
	Open Chain Proprioception						•	•	•	•	•	•	•	•		
	Low Load Prolonged Stretches															
	Door Jam Series								•	•	•	•	•	•	•	
	Towel Internal Rotation								•	•	•	•	•	•	•	
	Cross Arm Stretch								•	•	•	•	•	•	•	
	Sleeper Stretch								•	•	•	•	•	•	•	
	**TV Watching Stretch								•	•	•	•	•	•	•	
**90/90 External Rotation Stretch											•	•	•	•		
	Activities of Daily Living (ADL's)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
Eating/Drinking (Elbow motion ok)																
Dressing																
Washing/Showering																
Computer with supported arm	•	•	•	•	•	•										
Driving								•	•	•	•	•	•	•		
Lifting up to 5 lbs.								•	•	•	•	•	•	•		
Overhead Activity									•	•	•	•	•	•		
Lifting greater than 5 lbs.										•	•	•	•	•		

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues. .

	Week													
Phase III: Initial Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation								•	•	•	•	•	•	•
Internal Rotation								•	•	•	•	•	•	•
Punches with a Plus								•	•	•	•	•	•	•
Sport Cord Rows								•	•	•	•	•	•	•
Prone Lower Trap								•	•	•	•	•	•	•
Bicep Curls								•	•	•	•	•	•	•
Triceps Extensions								•	•	•	•	•	•	•
Initial Push-up Plus (Mid Range)										•	•	•	•	•
Initial Closed Chain Stability										•	•	•	•	•
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation at 45										•	•	•	•	•
Bear Hugs										•	•	•	•	•
External Rotation at 90										•	•	•	•	•
Statue of Liberty										•	•	•	•	•
Advanced Push-up Plus												•	•	•
Advanced Closed Chain Stability												•	•	•
PNF with Resistance												•	•	•
Decelerations												•	•	•
Plyometric External Rotation												•	•	•
Phase IV: Weight Lifting in Gym and Return to Sports	1	2	3	4	5	6	7	8	9	10	13	17	21	25
CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS														
Skiing													•	•
Throwing Progression												•	•	•
Overhead and Serving Sports (tennis, volleyball)												•	•	•
Contact Sports (football, hockey, lacrosse)														•
Swimming													•	•

These protocols were originally developed by The Steadman Clinic and Howard Head Sports Medicine in Vail, CO
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