Posterior Capsular Shift Protocol

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A. 0-2 weeks post-op
   1. Abduction sling
   2. Frequent cryotherapy and modalities as indicated
   3. PROM phase with restrictions:
      ER To tolerance
      Abd 90°
      Flex 90°
      No IR or posterior capsule stretching

B. 2-4 weeks post-op
   1. Abduction sling
   2. Continue cryotherapy and modalities as indicated
   3. AAROM phase with restrictions:
      ER To tolerance
      Abd 120°
      Flexion 120°
      No IR or posterior capsule stretching

C. 4-6 weeks post-op
   1. Wean from sling
   2. Continue cryotherapy and modalities as indicated
   3. Exercise
      a. AROM phase.
      b. ROM is as tolerated for ER, Abd, and Flex
      c. No forced IR or posterior capsule stretching
      d. May introduce light PRE with care not to load surgical repair

D. 6 weeks post-op
   1. Progressive strength phase
   2. Conservative with CKC exercises and avoid excessive loads to surgical repair

E. 12 weeks post-op
   1. Comprehensive, progressive UE strength and stabilization work
   2. Protect posterior aspect of glenohumeral joint
   3. Maintain wide grip during bench press or similar CKC exercise
   4. Begin gentle IR / posterior capsule stretching as indicated

F. 16 weeks post-op
   1. Sport specific streamlining
   2. Interval programs