

OPEN POSTERIOR CAPSULORRHAPHY POSTERIOR SHOULDER INSTABILITY REHABILITATION PROGRAM

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DOS: _____

Post-op Begin Date: _____ – Immobilization in 30° abduction, slight extension and neutral rotation for a minimum of 3 weeks. Immediate isometric exercises for deltoid and rotator cuff.

Post-op week 4 Begin Date: _____ – Add active and active-assisted range of motion exercises with emphasis on elevation in the scapular plane and regaining rotation.

Post-op weeks 4-6 Begin Date: _____ – NO motion in the sagittal plane (i.e. forward flexion) to protect the posterior tissues. Avoid excessive internal rotation.

Post-op week 6 Begin Date: _____ – May start forward flexion. Add light resistive exercises.

Post-op week 12 Begin Date: _____ – Add resistance beyond 90° elevation. Focus on muscle synchrony of scapular rotators, rotator cuff and deltoid.

Athlete may return to activity when strength and muscle coordination appropriate for sport.

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