

POSTERIOR CAPSULORRHAPHY REHABILITATION PROGRAM

Jay G. Carson, MD

DOS: _____

Post-op Begin Date: _____

- Immobilized in 30° abduction, slight extension and neutral rotation for a **minimum** of three 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 Week 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 is appropriate for sport