

## Capsulorrhaphy Plication Post-operative Rehabilitation Protocol

### Phase I: Day 1 to 8 Weeks

#### Day 1 to 2 Weeks

##### Brace

- Abduction brace/sling. Remove sling only to bathe and to complete exercises. TED hose to be worn until ambulation has returned to normal pre-surgery level.

##### Shoulder Motion

Passive Range of Motion:

- Pendulum exercises

Active Range of Motion:

- Elbow, wrist, fingers and hand

Note: Cryotherapy regularly for pain and swelling. Office visit for dressing change at day one or two. Post-op suture removal on day seven. Patient may not begin formal physical therapy until four weeks post-op if capsulorrhaphy was done for multidirectional instability. Decision will be based on a case by case basis.

#### Weeks 2 to 4

##### Brace

- Abduction brace/sling. Remove sling only to bathe and to complete exercises.

##### Shoulder Motion

Passive Range of Motion:

- **Restriction:** External rotation avoided for four weeks total
- Pendulum without weight
- Pulley exercises
- Grade I or II joint mobilizations

Active Range of Motion:

- **Restriction:** External rotation avoided for four weeks total
- Seated scapular retractions

##### Strengthening

Isometrics:

- Week three, patient may begin submaximal isometrics with 90 degrees of elbow flexion

##### Modalities

- Possible use of neuromuscular electrical stimulation with no visible muscle contraction

Note: If the patient feels safe and is not taking narcotic medications, the patient may drive approximately two weeks after surgery.

## Weeks 4 to 6

### Brace

- Abduction brace/sling. Pillow may be removed at week four post-op. Begin to wean out of sling between four to six weeks post-op, discontinue sling/brace at end of week six post-op.

### Shoulder Motion

#### Passive Range of Motion:

- Pendulum exercises

#### Active Range of Motion:

- With t-band

### Strengthening

#### Isometric:

- Continue submaximal isometrics with 90 degrees of elbow flexion

#### Passive Range of Motion:

- At week five, patient may begin light t-band scapular retractions and low trap pull-downs with elbow at mid-line.

**Note:** May begin use of heat before range of motion exercises. Continue cryotherapy as needed.

## Weeks 6 to 8

### Brace

- None

### Shoulder Motion

#### Passive Range of Motion:

- Pullys – flexion and scaption
- Grade I or II joint mobilizations
- Wand extension

#### Active Assistive Range of Motion:

- Continue exercises

#### Active Range of Motion: Begin to pain tolerance

- Supine flexion
- Sidelying abduction
- Sidelying external rotation

### Stretching

- Internal rotation towel stretch

### Strengthening

#### Isometrics:

- Flexion, abduction, extension, internal rotation, external rotation with 90 degrees elbow flexion

#### Resisted Range of Motion:

- Light resistance t-band retractions
- Elbow flexion
- Supine serratus with light resistance
- Wall push ups with shoulder flexion lower than 90 degrees

### Cardiovascular

- May begin jogging at week six

### Modalities

- Still consider use of transcutaneous electrical neuromuscular stimulation during passive range of motion as well as neuromuscular electrical stimulation for scapular stabilization.

**Note:** Continue periscapular exercises

## Phase II: Weeks 9 to 12

### Weeks 9 to 10

#### Goals

- Begin simple activities of daily living specific exercises (non-sports specific)

#### Shoulder Motion

##### Passive Range of Motion:

- Continue joint mobilizations as needed
- Pullys – add internal rotation and use for warm-up

##### Active Range of Motion:

- Standing flexion and scaption to 90 degree minimum, no weight, watch for substitution (consider taping or E-stim if positive)
- Sidelying external rotation with minimal or no weight
- Sidelying abduction

#### Strengthening

##### Resisted Range of Motion:

- Elbow extension and flexion
- T-band scapular retractions
- Wall push ups
- Dynamic hugs
- Low trap pull downs
- Sidelying internal rotation with weight

### Weeks 10 to 12

#### Shoulder Motion

- Continue all exercises above

#### Strengthening

##### Resisted Range of Motion:

- Continue all exercises above
- Seated shoulder flexion at a table starting with 80 to 90 degree flexion

## Phase III: Months 3 +

#### Goals

- At four months return to full unrestricted work duties

#### Shoulder Motion/Strengthening

- Continue above exercises
- Begin sports specific activities and gradually progress to resistance training as warranted
- Overhead throwing may start at six to nine months and contact/collision sports resumed at 9 to 12 months.

Helping you achieve the  
optimal activity level for your  
lifestyle is my first priority.

- Scott Gudeman, MD



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