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Name: _____

DOS: _____

Open Anterior - Inferior Capsular Shift

0-2/13 WEEKS

ROM / AROM / AAROM / PROM GOALS

(1-2x/Week)

Flexion: 0-90 degrees

Abduction: 0-90

Ex Rotation: 0-30

NO active IR

PATIENT EDUCATION

Proper use of moist heat and ice, use of sling, resting position

THER EX

Codman's

Gentle AAROM flexion within pain tolerance

Elbow and hand exercise

Active scapular elevations and retraction exercises

Initiate AROM in single planes (no combined movements)

MANUAL TECHNIQUES

PROM only in ROM as above

MODALITIES

Ice, heat, E stim

Open Anterior-Inferior Capsular Shift

2-4/13 WEEKS

ROM Goals: (2-3x/week)

Flexion: increase past 90 degrees as pain tolerates

Abduction: to 90 only

Ex Rotation: to 40-45 degrees (or within pain tolerance) with arm abducted at side

PATIENT EDUCATION:

No combined abduction w/ER until 8 weeks post-op

Home E-Stim if appropriate

THER EX:

AAROM w/ wand in safe, pain free ROM

Active scapular elevation and retraction

MANUAL TECHNIQUES:

Scapular MRE's

PROM as per above goals

Avoid combined abduction w/ER

MODALITIES:

Ice Heat

E-Stim for Mm re-education

4-6/13 WEEKS

ROM GOALS: (2-3/week)

Work toward gaining **full** A/PROM

PATIENT EDUCATION:

Continue to avoid combined abduction w/ER

THER EX:

Continue AROM in all **single** planes (no combined movements)

Initiate strengthening, progressing appropriately as tolerated and as per MD clearance

1. MREs
2. Isometrics
3. Light isotonic including T-band

Continue wand exercises

Jobe's RTS isotonic strengthening program

Bicep curl, Tricep extension, rows

MODALITIES

As appropriate

Open Anterior-Inferior Capsular Shift

6-8/13 WEEKS

ROM GOALS: (2x/Week)

Full A/PROM should be achieved
May perform combined abduction w/ER

PATIENT EDUCATION:

No significant weight to be carried in hand w/arm down at side
(distraction of GH joint)

THER EX:

Progress PRE's as tolerated and appropriate
Progress functional activities as related to work/sport/ADL's
Initiate plyometrics as tolerated
Avoid: behind-the-back Lat pulldown, military press, heavy shrugs

MODALITIES:

As appropriate

12-16 WEEKS

PATIENT EDUCATION: (1-2x/Week)

Comprehensive Home Exercise Program for strengthening and flexibility
Offer Step-Down program
Prepare pt for Discharge thru communication/coordination
w/FCE/work conditioning or sport specific training.

THER EX:

Continue w/activities as outlined above w/return to unrestricted activity and discharge as cleared by MD.
Initiate cautionary lifts **as cleared by MD:** lat pulldowns, military press, pec flies (all while keeping sight of hands/weights in peripheral vision), bench press, shrugs.
Initiate progressive throwing program as cleared by MD (as indicated for throwing athlete)

Signature: _____ Raphael S. F. Longobardi, MD

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