

**POSTERIOR LABRAL
REPAIR / CAPSULAR
SHIFT**



Post-op protocol for **Daniel Myer, M.D.**

Sling Use:		<ul style="list-style-type: none"> External Rotation Sling for 8 weeks No shoulder rehabilitation for 3 weeks *OK for elbow ROM immediately
Phase I: (Passive)	Week 4-6	<ul style="list-style-type: none"> Pendulums to warm-up Passive Range of Motion Supine External Rotation – Full Supine Forward Elevation – Full in scapular plane Internal Rotation to belt line
Phase II: (Active/Assistive)	Week 7-9	<ul style="list-style-type: none"> Pendulums to warm-up Active Assistive Range of Motion with Passive Stretch to prescribed limits Supine-Seated External Rotation – Full Supine-Seated Forward Elevation – Full in scapular plane Internal Rotation – Gradually increase to full by week 12
Phase III: (Resisted)	Week 10+	<ul style="list-style-type: none"> Pendulums to warm up and continue with phase 2 External and Internal Rotation Standing forward punch Seated rows Bicep Curls Bear Hugs PRE's for periscapular strengthening
Weight Training:	Week 16	<ul style="list-style-type: none"> Avoid posterior capsular stress Keep hands within eyesight, Keep elbows bent. Minimize overhead activities (No Military press, pulldown behind head, or wide grip bench)
Return to activities:	Immediately in sling	Computer, eating, holding a book, typing, writing
	9 weeks	Golf (CHIP AND PUTT ONLY)
	4 months	Golf (Full swing)
	5-6 months (minimum)	Throwing / tennis / volleyball
	Contact sports	At least 6 months