

POSTERIOR CAPSULAR SHIFT / BICEPS TENODESIS
Katherine Coyner, M.D.

Patient:
Date of Surgical Procedure:
Physical Therapist:

PHASE I - IMMOBILITY

- Postoperative sling/immobilizer: Immobility ends on POW* 6
- Active and passive ROM†: Elbow and wrist allowed
- Sling: Wear day/night through POW 4, night only POW 4-5
- Immobilizer: Wear all times except shower/bath through POW 5

PHASE II - MOTION

- Begin ROM on POW 2 (start supine): Start with Codman pendulum exercises, followed by wand exercises as tolerated.
- ROM (active and passive)
 - Flexion/internal rotation: Increase as tolerated starting POW 2.
 - External rotation: To neutral external rotation ASAP ("shooter position"), then increase 10°/wk
 - Abduction: To 45° abduction ASAP, then increase 10°/wk

*** After 6 weeks, increase all ranges as tolerated.***

PHASE III - ISOMETRIC

- Isometrics: All muscles; can use spectrum isometrics, except subscapularis muscle restricted through POW 3
- Neuromuscular stimulator optional

PHASE IV - ISOTONIC

- Start PREs‡ on POW 5; begin supine position; progress to standing as tolerated (hand weights or stretch cords).
- Rotator cuff program: Avoid impingement positions early; elbow

and wrist PREs as tolerated

These are all individualized, as tolerated; progress from submaximal midrange isometrics to short arc isotonic.

PHASE V - ISOKINETIC

- Begin with concentrics.
- Can start on POW 10
- Body position: Sitting or standing
- High speed: ROM restrictions - Plane of scapula, external rotation 30° body adduction/no abduction
- Low speed: ROM restrictions - Plane of scapula, external rotation 30° body adduction/no abduction
- Eccentric work and PNF program at 12-14 weeks

PHASE VI - ENDURANCE

- May start swimming on POW 12-16. (Restrictions: Do not perform overhead activities with swimming until POW 16.)

PHASE VII - SPORTS

- Begin participation on POW 24 (for contact/collision, throwing sports, and gymnastics).
- Restrictions: Must have strength test and authorization from physician prior to return to activity
 1. Lifting activities restricted to 10-15 lb for 2 months; then increase as tolerated.
 2. Delay return to activity (sports) until after 4 months and with physician clearance.
 3. Full-functional activities (except lifting and sports); ADLs|| permitted at 8 weeks post-surgery

*POW - Postoperative week

POD - Postoperative day

†ROM - Range of motion

‡PREs - Progressive-resistive exercises

§PNF - Proprioceptive neuromuscular facilitation

||ADLs - Activities of daily living