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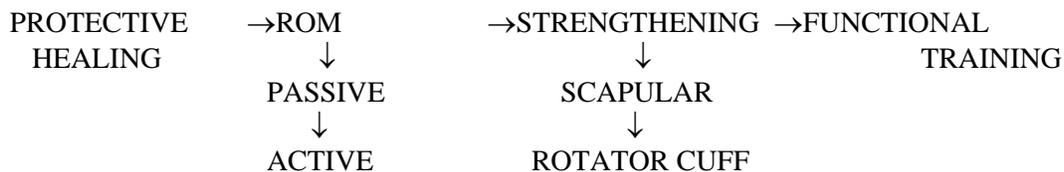
**POSTERIOR/INFERIOR CAPSULAR SHIFT  
PROTOCOL**

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**BASIC PRINCIPLES OF REHABILITATION:**

Minimize effects of immobility  
Do not over stress healing tissue  
Progression based on time and objective criteria  
Promote balance between the anterior and posterior structures

**PROGRESSION OF TREATMENT:**



**MAXIMAL PROTECTION PHASE (0-6 WEEKS):**

Goals: Protect repaired structures

- Gunslinger brace (6 weeks)
- No AROM or PROM

**MODERATE PROTECTION PHASE (6-8 WEEKS):**

Goals: Improve ROM and Isometric strength

- Sling for comfort
- PROM with no limitations
- Isometrics
- Progress to AAROM
  - Pendulmn, wand exercises, and pulleys
- Active wrist and elbow exercise

**MINIMAL PROTECTION PHASE (8-10 WEEKS):**

Goals: Full PROM, improve AROM and strength

- Full PROM
- Scapular Thoracic strengthening exercise
- Progress to strengthening phase when criteria are met

**STRENGTHENING PHASE:**

CRITERIA: Pain-free AROM and Pain-free with manual muscle testing

- Isotonic shoulder strengthening exercises isolating the rotator cuff-including sidelying external rotation, prone arm raises at 0, 90 & 120°, prone external rotation, and internal rotation at 0 & 90°
- Progress scapulothoracic strengthening exercises
- Dynamic stabilization exercises
- UBE initiated when active flexion to 90° can be performed without substitution
- PNF

**FUNCTIONAL PHASE:**

CRITERIA: Adequate strength and ability to perform the activities pain-free

- Continue strengthening exercises for scapular and rotator cuff muscles
- Progress to functional activities needed for ADL's and Sport