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**CAPSULAR SHIFTS FOR TRAUMATIC
ANTERIOR/INFERIOR INSTABILITY PROTOCOL**

MAXIMAL PROTECTION PHASE (0-3 WEEKS)

- ROM precaution – determined in OR
- Sling
- Active elbow and wrist exercise
 - Except internal rotation secondary to subscapularis re-attachment
- Removal of sling for showering with the arm at the side

MODERATE PROTECTION PHASE (3-6 WEEKS)

- PROM – Progress as tolerated
- AAROM Exercises – Pendulum, supine flexion & ER (neutral/45° abduction) with uninvolved upper extremity or cane (flexion only)
- Active scapular exercises in neutral-shrugs, depression, protraction & retraction
- Sub-maximal shoulder isometrics-except internal rotation
- Progress from AAROM to AROM
 - “Quality” movement only – avoid forcing active motion with substitution patterns
 - Remember the effects of gravity on the limb, do gravity eliminated motions first, i.e. supine flexion.
- Aquatic Therapy: shoulder submerged inside scapularis plane only

MINIMAL PROTECTION PHASE (6-8 WEEKS)

- Full PROM by 8 weeks
- Begin light resistance on scapular motions (light weight high repetitions)
- Begin Theraband exercise in neutral position. Avoid any substitution pattern particularly with flexion and abduction.
- Progress to strengthening phase when criteria are met