

**POSTERIOR LABRAL  
REPAIR / CAPSULAR  
SHIFT**

Post-op protocol for

***Mathew Taylor, M.D.***



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