

**S/P ARTHROSCOPIC CAPSULAR SHRINKAGE
FOR SHOULDER INSTABILITY**

Dr. Jonathan D. Main

WKS	DATES	PROTOCOL – S/P ARTHROSCOPIC CAPSULAR SHRINKAGE FOR SHOULDER INSTABILITY –Dr. Jonathan Main
WKS. 1 – 3		IMMOBILIZED IN INTERNAL ROTATION
WKS. 1-6		LIMIT EXT. ROT. TO 45 DG AND KEEP ABDUCTION BELOW 90 DG
WKS. 7 – 12		PROGRESS ROTATION AND ABDUCTION AS TOLERATED UP TO <u>15 DG.</u> SHY OF FULL ROM IN EXT. ROT., ABDUCT., AND ELEVATION
WK. 12		ACHIEVE FULL ROM IN ALL PLANES AND BEGIN STRENGTHENING EXERCISES THROUGHOUT FUNCTIONAL RANGE
RETURN TO SPORTS PERMITTED ONCE STRENGTH AND ENDURANCE HAVE BEEN RESTORED ANYTIME AFTER 12 WKS.		