BADMAN ARTHROSCOPIC CAPSULAR SHIFT FOR MDI

**Do not do any stretching of the capsule until at least 10 – 12 weeks out and only if necessary. AAROM is preferred**

Phase I - Protection Phase (Weeks 0 - 6)

Goals:
- Allow healing of sutured capsule
- Begin early protected ROM
- Retard muscle atrophy
- Decrease pain and inflammation

Weeks 0 – 2:
- Precautions:
  - Sleep in immobilizer for 4 weeks
  - No overhead activities for 6 weeks
  - Wean from sling after 4 weeks
- Elbow/hand/forearm/cervical spine ROM
- Hand gripping exercises
- AAROM (T-bar, pendulum):
  - Flexion to 90°
- Shoulder isometrics (sub-maximal, pain-free)
- Pain control modalities

Weeks 2 – 4:
- AAROM:
  - Flexion to 90°
- Strengthening:
  - Initiate scapular program
  - Initiate tubing ER/IR with arm at side
- Continue pain control modalities

Weeks 5 – 6:
- AAROM:
  - Flexion to 120°
  - ER to 60° at 45° abduction
IR to 30° at 45° abduction
• Strengthening:
  Initiate light isotonic program below 90°
  Continue tubing at side and scapular strengthening

Phase II - Intermediate Phase (6 - 12 weeks)

Goals:
• Full non-painful ROM by 10-12 weeks
• Normalize arthrokinematics
• Increase strength
• Improve neuromuscular control

Weeks 7 - 10:
• AAROM:
  Flexion to tolerance
  ER/IR to tolerance at 45° abduction
  Progress ER/IR to tolerance at 90° abduction
• Strengthening:
  Progress isotonic dumbbell program 1#/week if good form
  Progress scapular strengthening program

Weeks 10 – 12:
• Continue ROM/flexibility exercises
• Begin joint mobilization/stretching and, self-capsular stretches as needed
• Strengthening:
  Begin machine exercises for rhomboids, latissimus dorsi, biceps, and triceps
  Initiate isokinetic IR/ER at modified neutral

Phase III- Dynamic Strengthening Phase (12-20 weeks)

Goals:
• Improve strength, power, and endurance
• Improve neuromuscular control
• Prepare athlete to begin throwing
Criteria to Enter Phase III:
• Full, nonpainful ROM (patient must fulfill this criteria)
• No pain or tenderness
• Strength 70% or more of contralateral side

Weeks 12 – 16:
• Continue flexibility/stretching program
• Strengthening:
  Continue isotonic dumbbell program
  Continue isokinetic strengthening at sport specific speeds
  Diagonal patterns ( and )
  Initiate closed chain push-up progression
• Initiate plyometric program (begin 2 handed and progress to 1 handed)

Weeks 17 – 20:
• Continue all exercises
• Initiate interval sport program (throwing program)

Phase IV - Return to Activity (20-24 weeks)

Goal:
• Progressive increase in activities to prepare for full functional return

Criteria to Progress to Phase IV:
• Full ROM
• No pain or tenderness
• Isokinetic test that fulfills criteria to throw/return to sport
• Satisfactory clinical exam

Weeks 20 – 24:
• Continue strengthening program
• Continue plyometric program
• Continue interval sport program and progress throwing to off mound
• Gradual return to sport/functional activities
Criteria for return to play:

• Physician approval
• Satisfactory ROM
• Satisfactory strength test
• Satisfactory completion of interval sport program