



Pediatric Orthopedic and Scoliosis Center  
Rehabilitation Medicine Center

Rehabilitation prescription for:

Patient label

**Diagnosis:** R / L

**Procedure date:**

**S/P: arthroscopic capsular tightening / balanced capsulorrhaphy**

**Rx:**

- Weeks 0-6 postop
  - Sling x 4 weeks
  - Pendulums at 3 weeks postop
  - Active, AAROM in shoulder flex/ex OK
  - Full Elbow and wrist ROM OK
  - **No Shoulder ER past 0 degrees**
  - No shoulder abduction
  - Deltoid isometrics OK
- Weeks 6-10 postop
  - **Go SLOW**
  - **DO NOT PUSH through pain to regain motion**
  - **No Assisted shoulder ER past 0 degrees**
  - No Forward flexion > 90 degrees
  - No Abduction > 90 degrees
  - PROM OK
  - Pool exercises for AAROM in flex/ex, horizontal Adduction
  - OK to start light vertical rows
  - Exercises should be narrow grip and in front
  - No flies or bench press
  - Can do AROM, strength and isometrics
- Weeks 10-16 postop
  - Continue PT as above
  - Go SLOW, do not push through pain
  - Advance motion slowly
  - PRE's for biceps, triceps, scapula
  - No ER PRE's

- 4 months postop
  - AROM, AAROM to improve ER
    - Goal 10-20 degrees less than other side
  - Keep PRE's below horizontal plane for non-throwers
- 6 months postop
  - Return to sports / full activity / swimming for non-throwers

---

Robert G. Tysklind, MD

---

Date