

Orthopedic Associates of Hartford, P.C.

J. Kristopher Ware

31 Seymour St # 100

Date of Surgery:

Hartford, CT 06106

Phone: 860-244-1017, Fax: 860-524-8965

www.oahct.com

Post-Operative Rehabilitation Protocol:

Arthroscopic Posterior Labral Repair and Capsular Shift

PHASE I: PROTECTIVE PHASE (WEEKS 0-6)

GOALS: Allow soft tissue healing, diminish pain/inflammation, protected motion, retard muscle atrophy.

I. Immediate Post-Operative to Week 2:

A. General:

- * Neutral wedge sling for four weeks
- * Cryotherapy unit or ice 20 minutes/hour

B. Weight Bearing:

- * Non-weight bearing

C. Range of Motion Goals:

- * Passive and AAROM
 - o Forward flexion 90° with arm in neutral rotation
 - o Abduction to 75°-90° with arm in neutral rotation
 - o ER in scapular plane 75° by 2 weeks
 - o ***NO combined adduction/internal rotation***
 - o ***No Internal rotation past neutral at side***

D. Treatment / Exercises:

- * AROM cervical spine
- * Active elbow flexion/extension and pronation/supination
- * Shoulder shrugs, protraction, retraction
- * Rope and Pulley (flexion), AAROM
- * Submaximal isometrics: Flexion, Abduction, Extension, ER
- * Rhythmic stabilization exercises at Day 7
- * Proprioception and Neuromuscular control drills

II. Weeks 2-4:

A. General:

- * Neutral wedge sling for four weeks
- * Cryotherapy unit or ice 20 minutes/hour

B. Weight Bearing:

- * Light weight bearing with arm at side

C. Range of Motion Goals:

- * Passive, AAROM, AROM
 - o Forward flexion to 160° with arm in neutral rotation or ER
 - o Abduction to 145° with arm in neutral rotation
 - o Full IR in scapular plane
 - o ER in scapular plane to 75° by Week 4
 - o At Week 4, begin 30° ER/IR at 90° abduction

D. Treatment / Exercises:

- * Continue above treatment
- * Light isotonic program
- * ER/IR bands (0° abduction, light resistance)
- * Scapular strengthening/stabilization
- * Biceps/triceps strengthening – less than 50% MAX
- * PNF D2 Flex/Ext manual resistance
- * Trunk, lower extremity conditioning

III. Weeks 4-6:

A. General:

- * Discontinue sling
- * Cryotherapy unit or ice 20 minutes/hour as needed

B. Weight Bearing:

- * As tolerated when arm at side
- * Non-weight bearing overhead or in abduction/external rotation

C. Range of Motion Goals:

- * Passive and AAROM
 - o Forward flexion to full as tolerated by Week 6
 - o Abduction to full as tolerated by Week 6
 - o Full IR in scapular plane
 - o Full ER in scapular plane
 - o ER at 90° abduction to 75°-85°
 - o IR at 90° abduction to 65°-70°

D. Treatment / Exercises:

- * Continue above treatment
- * Initiate Throwers Ten Strengthening Program

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PHASE II: INTERMEDIATE PHASE (WEEKS 6-12)

GOALS: Restore functional ROM, improve neuromuscular control, early strengthening.

Enter Phase II if:

- ✓ No signs capsulitis
- ✓ ROM goals met

IV. Weeks 6-8:

A. General:

- * Cryotherapy unit or ice 20 minutes/hour as needed

B. Weight Bearing:

- * As tolerated when arm at side

C. Range of Motion Goals:

- * Progress to full
 - o Forward flexion to 180°
 - o Abduction to 170°
 - o Full IR in scapular plane
 - o Full ER in scapular plane
 - o ER at 90° abduction to 90°-100°
 - o IR at 90° abduction to 70°-75°

D. Treatment / Exercises:

- * Continue above treatment
- * Advance biceps strengthening
- * Restore normal scapulothoracic kinematics – shrugs, lats, rhomboids, wall push-ups
- * Triceps kick-out over table
- * ***No posterior glides***
- * ***No overhead biceps strengthening until Week 10***

V. Weeks 8-12:

A., B., C. As above

D. Treatment / Exercises:

- * Continue above treatment
- * Dumbbell supraspinatus
- * Progress Isotonic program

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PHASE III: ADVANCED ACTIVITY AND STRENGTHENING PHASE (Months 3-5)

GOALS: Improve strength/endurance, improve neuromuscular control.

Enter Phase III if:

- ✓ Full ROM obtained
- ✓ No pain/posterior apprehension with above treatment
- ✓ Strength 80% of uninvolved side

VI. Months 3-4:

A., B., C. As above

D. Treatment / Exercises:

- * Continue above treatment
- * Isotonic program – begin at 20% max
Push ups, Bench press, Pull down, Single arm plyometrics
- * Isometrics, neuromuscular control
- * Self capsular stretching, AROM, passive stretching
- * Initiate Interval Sports Program (sport specific)

VII. Months 4-5:

A., B., C. As above

D. Treatment / Exercises:

- * Continue above treatment
- * May begin strenuous activity that loads posterior joint
- * Resume normal training
- * Progress interval program

PHASE IV: RETURN TO ACTIVITY PHASE (MONTHS 5+)

GOALS: Gradual return to unrestricted activity.

Enter phase IV if:

- ✓ Full ROM obtained
- ✓ No pain/tenderness
- ✓ No apprehension with combined abduction/external rotation
- ✓ Upper extremity strength at least 90% of uninvolved arm

VIII. MONTHS 5+:

A., B., C. As above

D. Treatment / Exercises:

- * Continue above treatment
- * Gradual return to unrestricted activity at 6 months

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* **Addendum**

This protocol provides general rehabilitation guidelines following Arthroscopic Posterior Labral Repair and Capsular Shift. It is subject to modification depending on the degree of injury, the type and extent of associated surgical intervention, as well as your individual progress post-operatively. For any questions, please call my office at 860-244-1017.