

Arthroscopic Anterior Shoulder Stabilization with Remplissage:

The intent of this protocol is to provide the therapist with guidelines of the post-operative rehabilitation course. It should not be a substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of post-operative complications. The therapist should consult the referring physician with any questions or concerns.

*****SLING FOR 6 WEEKS*****

*****NO STRENGTHENING FOR 12
WEEKS*****

Phase I: Protection Phase (Weeks 0-6)

All active range of motion exercises should be avoided. This relative immobilization period is critical for the healing of the soft tissues and promoting a shoulder without instability.

Goals

- Maximum protection of surgical repair (capsule, ligaments, labrum, sutures)
- Control inflammation and pain
- Use cryocuff 3-4 times per day
- Start PROM and achieve ROM goals: **DO NOT EXCEED THEM**
- Ensure adequate scapular function
- Patient education on post-op restrictions and maintaining appropriate posture

Sling

- Wear sling continuously (except for therapy and showering) for 6 weeks

Therapeutic Exercises

- PROM of elbow, wrist, and hand
- Ball squeezes
- ROM of shoulder

- Goals by week 3 (PROM only)
 - Forward elevation in scapular plane of 90°
 - ER in scapular plane: weeks 0-2: 10°
weeks 3-4: 20°
weeks 4-6: 30°
 - No ER at 90°
 - IR week 0-4: none, week 4-6: to posterior belt line
- Goals by week 6 (PROM; can start AAROM at week 4)
 - Forward elevation limited to 135°
 - IR to 50°
 - Abduction to 115°
 - ER in the scapular plane to 30°
 - ER at 90 degrees to 30°
- Start AAROM at week 4
 - Cane and wall walks with limitations to 135°
 - Pendulum exercises
- May begin elbow AROM at week 4

Goals to Progress to Next Phase

- Appropriate healing of surgical repair by adhering to precautions and immobilization guidelines
- Staged ROM goals achieved but not significantly exceeded
- Minimal to no pain with ROM

Phase II: Intermediate Phase (Weeks 7-12)

The goals by the end of the second phase of the rehabilitation process is to restore range of motion of the shoulder (both active and passive) within the limits of external rotation as determined by Dr. Hughes. The main objective is to regain motion over several months because progressing too quickly may lead to recurrent instability.

Goals

- Achieve staged ROM goals to normalize PROM and AROM - do not significantly exceed
- Minimize shoulder pain
- Begin to increase strength and endurance
- Increase functional activities

Therapeutic Exercises

- ROM of shoulder (goals by week 9):
 - PROM
 - May perform joint mobilizations (emphasis on posterior mobility)
 - Forward elevation 155°
 - IR at 90° of abduction to 60 by Week 8-9
 - ER at side to 60°
 - ER at ninety to 75°
 - AROM

- Elevation to 145°

Weeks 10-12

- Initiation of jogging with physician clearance (typically week 12)
 - ROM goals by Week 12
 - PROM: WNL all planes
 - AROM: Elevation WNL

Goals to Progress to Next Phase

- Staged AROM goals achieved with minimal to no pain and without substitution patterns
- Appropriate scapular posture at rest and dynamic scapular control during ROM and strengthening exercises
- Strengthening activities completed with minimal to no pain

Phase III: Advanced Activity Phase (Weeks 12-20)

This phase is the functional phase of the rehabilitation protocol. We are trying to achieve aggressive strengthening exercises for the shoulder and scapular muscles. We will progress to functional activities needed for ADL's and sports.

Goals

- Normalize strength, endurance, neuromuscular control, and power
- Gradual and planned build up of stress to anterior capsulolabral tissues
- Gradual return to full ADLs, work, and recreational activities

Therapeutic Exercises

- Weeks 12-16
 - Shoulder ROM
 - Terminal ER stretches at 12 weeks
 - Self capsular stretches, AROM, and passive stretching as needed
- Strengthening: **NO STRENGTHENING BEFORE 12 WEEKS**
 - Begin light UBE
 - PRE's for scapular stabilizers (seated rows, shoulder extension, scapular retraction)
 - Initiate Thrower's 10 Program (sport specific to baseball and javelin)
 - Dynamic resistance with PNF patterns and manual techniques
 - Elbow flexion/extension strengthening
 - Begin CKC exercise with table/wall weight shifts
- Strengthening Specifics
 - Progress PREs in all planes
 - Rhythmic stabilization ie. prone medicine ball eccentric drops, free throws, ball taps, etc
 - Progress CKC exercises
 - Advanced isotonic
 - Initiate plyometrics (2 handed drills) ie chest pass

- Ball catch/toss at 90° abduction position
 - Begin dumbbell pex exercises
- Weeks 16-20
 - ROM of the shoulder
 - May begin more aggressive stretching techniques
- Strengthening
 - Begin overhead PRE's
 - Begin light toss or volley (refer to Return to Throwing program)
 - Continue with specific training program
 - Return to full activity
 - Bench press with bar at 6 months

Goals to Progress to Return to Sport

1. Progress functional activities towards return activity or sport
2. Enhance neuromuscular control
3. Improve strength, power, and endurance
4. Muscular strength no less than 80% of contralateral side
5. Full functional ROM
6. 5/5 scapular and rotator cuff strength
7. Return to sport at 4-6 months as determined by Dr. Hughes