

Orthopaedic Sports Specialists, P.C.

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Arthroscopic Capsular Plication Arthroscopic Bankart – Anterior Labral Repair

POST-OP REHABILITATION

Phase I: *(Day 1 to Week 6)*

Goals:

Allow soft tissue healing
Diminish pain and inflammation
Initiate protected motion
Retard muscle atrophy

Week 0 -2:

Abduction sling for first two weeks
(Up to 4 weeks in patients with MDI)
Sling at night for first week
Any signs of Capsulitis - NOTIFY MD

∞ **Exercises:**

Hand gripping exercises
Elbow and wrist ROM
AROM of cervical spine
Passive and AAROM Exercises:
 Elevation to 75 - 90 degrees
 IR in scapular plane (45 Degrees by 2 weeks)
 ER in scapular plane (25 degrees by 2 weeks)
Rope and Pulley (Flexion), AAROM
Cryotherapy to control pain
Submaximal isometrics
Rhythmic Stabilization Exercises at 7 days
Proprioception and Neuromuscular control drills

Week 3-4:

∞ **Range of Motion Exercises (AAROM, PROM, AROM)**
 Elevation to 125 - 135
 IR, in scapular plane, to full motion
 ER, in scapular plane, to 45-50 degrees by week 4
 At week 4, begin ER/IR at 90 degrees of abduction

- ∞ **Strengthening Exercises:**
 - Initiate LIGHT isotonic Program
 - ER/IR Exercise tubing (Zero degree of abduction)
 - Continue Dynamic Stabilization Drills
 - Scapular strengthening exercises
 - Biceps/Triceps strengthening
 - PNF D2 Flex/Ext manual resistance
- ∞ **Continue use of Cryotherapy and modalities to control pain**

Week 5-6:

- ∞ **Continue** exercises listed above
- ∞ **Progress ROM to:**
 - Elevation to 145-160 degrees by week 6
 - ER at 90 degrees abduction 75-85 degrees
 - IR at 90 degrees abduction 65-70 degrees
- ∞ **Initiate Throwers Ten Strengthening Program**

PHASE II - INTERMEDIATE PHASE (Week 7 - 12)

Goals:

- Restore full ROM Week 7
- Restore functional ROM Week 10-11
- Normalize arthrokinematics

Week 7-8:

- ∞ **Progress ROM to the Following:**
 - Elevation 180 degrees
 - ER at 90 ABD to 90-100 (week 8)
 - IR at 90 ABD to 70-75 degrees
- ∞ **Continue strengthening program**
- ∞ **Strengthening Exercises:**
 - Continue Throwers Ten
 - Continue Manual Resistance, Dynamic Stabs,
 - Initiate Plyometrics (Two hand drills)

Week 9-12:

- ∞ **Progress ROM to the overhead athlete's demands**
(Complete gradually from weeks 9 to 12)
- ∞ **Strengthening Exercises**
 - Progress Isotonic Program
 - May initiate more aggressive strengthening
 - Push ups
 - Shoulder press
 - Bench press
 - Pull downs
 - Single Arm Plyometrics

PHASE III - ADVANCED ACTIVITY AND STRENGTHENING PHASE **(weeks 12-20)**

Goals: Improve strength, power, endurance
Enhance neuromuscular control
Functional activities

Criteria to enter Phase III:

- ∞ Full range of Motion
- ∞ No pain or tenderness
- ∞ Muscular strength 80% of contralateral side

Week 12-16:

- ∞ **Continue all strengthening exercises**
 - Isometrics
 - Plyometrics
 - Neuromuscular control / dynamic drills
- ∞ **Self capsular stretching, AROM, Passive Stretching**
- ∞ **Initiate Interval Sports Program (sports specific)**

Week 16 - 20:

- ∞ **Continue all strengthening exercises**
- ∞ **May resume normal training**
- ∞ **Continue sports specific strengthening program**
- ∞ **Progress interval program**

PHASE IV: RETURN TO ACTIVITY PHASE week 22-26:

Goals: Gradual return to unrestricted activity
Maintain static and dynamic stability of shoulder

Criteria to enter Phase IV:

- ∞ Full functional Range of Motion
- ∞ No pain or tenderness
- ∞ Satisfactory Muscular strength
- ∞ Satisfactory Clinical exam

Exercises:

Continue ROM
Continue Strength
Competition