

Palmetto Health USC

ORTHOPEDIC CENTER

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ARTHROSCOPIC ANTERIOR CAPSULOLABRAL RECONSTRUCTION (ANATOMIC REPAIR) “SLAP and Bankart” REPAIR

- Sling:
1. Patient to wear sling for 6 weeks
 2. Patient can remove pillow at 4 weeks
 3. Patient to sleep in sling for 4 weeks

I. PHASE I - IMMEDIATE POSTOPERATIVE PHASE - “RESTRICTIVE MOTION”

A. Goals

1. Protect the anatomic repair *Precaution: NO shoulder extension beyond 0° for 3 months
2. Prevent negative effects of immobilization
3. Promote dynamic stability
4. Emphasize posture and scapular positioning
5. Diminish pain and inflammation

B. WEEK 0-2

1. Elbow/hand range of motion **For slap- No loading biceps for 6 weeks**
2. Hand gripping exercises
3. Passive and gentle active assistive range of motion exercises
 - flexion to 60
 - elevation in scapular plane to 60°
 - ER/IR with arm in 20° of abduction
 - ER to 5-10°
 - IR to 45°
 - Active ER to neutral, Act. Ext. to neutral
 - No Active Abduction
4. Submaximal isometrics for shoulder musculature and scapular isometrics
5. Cryotherapy, modalities as indicated

C. WEEK 3-4

1. Discontinue use of abduction pillow
2. May use immobilizer for sleep (physician decision)
3. Continue gentle range of motion exercises (PROM and AAROM)
 - flexion to 90° or endfeel
 - abduction to 75-85° or endfeel
 - ER in scapular plane to 15-20°
 - IR in scapular plane to 55-60°

Note: Rate of progression based on evaluation of the patient

4. Active 90° FLEX (not to exceed), ABD 75°, IR 60°, ER 20°
5. Continue isometrics and rhythmic stabilization (submax)
6. Begin body blade exercises at side (at 4 weeks, 6 weeks if SLAP repair)
7. Continue use of cryotherapy

D. **WEEK 5-6**

1. Gradually improve range of motion
 - flexion to 135-140° or end feel
 - ER at 45° abduction: 25-30° or end feel
 - IR at 45° abduction 55-60° or end feel
2. May initiate stretching exercises
3. Begin UBE *do not go past 0° extension*
4. Initiate exercise tubing ER/IR (arm at side)
5. PNF manual resistance
6. Gentle active motion to above limits
7. Begin Prone exercises: Extension to 0°
 - Scaption to comfort
 - Horizontal Abduction to neutral (palm down)

II. **PHASE II - INTERMEDIATE PHASE – “MODERATE PROTECTION PHASE”**

A. Goals

1. Gradually restore full range of motion (week 10)
2. Preserve the integrity of the surgical repair
3. Restore muscular strength and balance

B. **WEEK 7-9**

1. Gradually progress range of motion
 - flexion to 160°
 - ER at 90° abduction: 70-75°
 - IR at 90° abduction: 70-75°
2. Continue to progress isotonic strengthening program
3. Continue PNF strengthening
4. Supine chest press, close grip with weighted ball
5. Wall push up, narrow hand position, 0° shoulder extension
6. Chest press to neutral (until at least 3 months)

C. **WEEK 10-14**

1. May initiate slightly more aggressive strengthening
2. Progress isotonic strengthening exercises
3. Continue all stretching exercises
 - Progress range of motion to functional demands (i.e. overhead athlete)

III. PHASE III - MINIMAL PROTECTION PHASE

A. Goals

1. Establish and maintain full range of motion
2. Improve muscular strength, power, and endurance
3. Gradually initiate functional activities

B. Criteria to Enter Phase III

1. Full nonpainful range of motion
2. Satisfactory stability
3. Muscular strength (good grade or better)
4. No pain or tenderness

C. **WEEK 15-18**

1. Continue all stretching exercises (capsular stretches)
2. Continue strengthening exercises
 - throwers ten program or fundamental exercises
 - PNF manual resistance
 - endurance training
 - initiate light plyometric program (rebounder progress bilateral chest pass, IR/ER, single arm at side)
 - restricted sport activities (light swimming, half golf swings)
 - restricted:
 - batting
 - freestyle and breaststroke

D. **WEEK 18-21**

1. Continue all exercises listed above
2. Initiate interval sport program (throwing, etc.)

IV. PHASE IV - ADVANCED STRENGTHENING PHASE

A. Goals

1. Enhance muscular strength, power and endurance

2. Progress functional activities
3. Maintain shoulder mobility

B. Criteria to Enter Phase IV

1. Full nonpainful range of motion
2. Satisfactory static stability
3. Muscular strength 75-80% of contralateral side
4. No pain or tenderness

C. **WEEK 20-24**

1. Continue flexibility exercises
2. Continue isotonic strengthening program
3. PNF manual resistance patterns
4. Plyometric strengthening
5. Progress interval sport programs

V. **PHASE V - RETURN TO ACTIVITY PHASE (MONTH 6 ½-9)**

A. Goals

1. Gradual return to sport activities
2. Maintain strength, mobility and stability

B. Criteria to Enter Phase V

1. Full functional range of motion
2. Satisfactory isokinetic test that fulfills criteria
3. Satisfactory shoulder stability
4. No pain or tenderness

C. Exercises

1. Gradually progress sport activities to unrestrictive participation
2. Continue stretching and strengthening program