

Arthroscopic Anterior Capsulolabral and/or Glenoid Labrum Reconstruction (For Acquired Laxity)

Phase 1- Immediate Postoperative Phase "Restrictive Motion"

Goals: Protect surgical repair and healing tissue
Prevent negative effects of immobilization
Reestablish dynamic stability
Diminish pain and inflammation

Week 0-2

Sling for 2 weeks
Sleep in immobilizer for 3-4 weeks (physician discretion)
Elbow and hand ROM (first 3-5 days)
Hand gripping exercises (first 7 days)
Passive and gentle active assistive ROM exercises
Motion to tolerance and comfort
By the end of week 2:
Flexion to 60-75 degrees
ER in scapular plane to 20-25 degrees
IR in scapular plane to 30-40 degrees
Submaximal isometrics for shoulder musculature
Rhythmic stabilization ER/IR (at week 2)
Cryotherapy, modalities as indicated
** NO motion above shoulder height
** NO active ER or Extension or Abduction

Week 3-4

Discontinue use of sling
Sleep in immobilizer (physician decision)
Continue PROM and AAROM exercises
Flexion to 90 degrees
Abduction to 75-80 degrees
ER in scapular plane to 45-50 degrees
IR in scapular plane to full
Continue isometrics and rhythmic stabilization (submax)
ER/IR arm at side with tubing (week 3)
Continue use of cryotherapy
** NO motion above shoulder height

Week 5-6

Gently increase ROM
Flexion to 135-140 degrees
ER at 90 degrees abduction: 50 – 65 degrees
IR at 90 degrees abduction: 50 degrees
May initiate stretching exercises
May initiate PNF strengthening exercises
May initiate AROM shoulder motions
May initiate pool exercises (no swimming)

Phase II – Intermediate Phase: Moderate Protection Phase (Weeks 7-14)

Goals: Gradually restore full ROM (week 10)
Preserve the integrity of the surgical repair
Restore muscular strength and balance

Week 7-8

Gradually increase ROM:
Flexion to 170-180 degrees
ER at 90 degrees abduction: 90 degrees
IR at 90 degrees abduction: 65-70 degrees
Initiate isotonic strengthening program (i.e. throwers ten program)
Continue PNF strengthening
Continue Manual resistance stabilization drills
Continue and emphasize scapular exercises

Week 9-10

Progress ROM to functional demands
ER at 90 degrees abduction: 115 –125 degrees
Horizontal abduction 45-50 degrees
Continue all other stretches to maintain flexibility
Continue all isotonic strengthening exercises
Continue manual resistance drills

Week 10-14

Continue all stretching exercises
May initiate slightly more aggressive strengthening
May initiate golf swing motion (week 12)
May initiate light swimming (week 12)

Phase III- Minimal Protection Phase (week 14-21)

Goals: Establish and maintain full ROM
Improve muscular strength, power and endurance
Gradually initiate functional activities

Criteria to Enter Phase III:

1. Full non-painful ROM
2. Satisfactory shoulder stability
3. Muscular strength that fulfills criteria (isokinetics)
4. No pain or tenderness

Week 14-18

Continue all stretching and flexibility
Continue all strengthening exercises:
Thrower's Ten Program
PNF Manual Resistance
PNF rhythmic stabilization drills
Endurance training
Initiate plyometric drills
Two handed drills first then progress to one hand drills
Initiate swinging of bat (week 16) ** Hit off tee.

Week 17-21

Continue all exercises listed above
Initiate interval throwing program

Phase IV – Return to Activity Phase (Week 22-32)

Goals: Gradual return to sports
Maintain strength, mobility, and stability

Week 21-23

Continue all strengthening and stretching exercises listed above
Progress interval throwing program to "Off the Mound"

Week 23-26

Progress to unrestricted sport participation
Continue Thrower's Ten Program
Continue stretching and flexibility program

Criteria to return to throwing:

1. Full non-painful ROM
2. Satisfactory isokinetic test
3. Satisfactory shoulder stability
4. No pain or tenderness