

Alexander Martusiewicz, MD

Shoulder and Elbow Specialist

www.DetroitShoulderSurgeon.com

Phone: 313-887-6000

Fax: 313-887-6005

Rehabilitation Protocol Posterior Capsulolabral Reconstruction (Arthroscopic)

Phase I: Protect repair (0 to 6 weeks)

- Patients may shower on post op day # 3.
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Brace should be in place when not performing exercises.
- Initiate exercise program 3 times per day:
 - Immediate elbow, forearm and hand range of motion
 - Passive and active assistive ER at the side to 60, scapular plane abduction to 90, flexion to 90 only
- May start active scapular mobility exercises at 3 to 4 weeks - must keep the shoulder musculature relaxed.
- Avoid IR ROM and flexion great than 90.

Phase II: Progress ROM and protect repair (6 to 12 weeks)

- May discontinue sling.
- Lifting restriction of 5 pounds with the involved extremity.
- Advance active and passive ROM:
 - ER at the side and and scapular plane elevation to tolerance
 - Flexion to tolerance - shoulder should be in an externally rotated position
 - Extension to tolerance
 - IR from abducted position to 30 degrees
- Initiate gentle rotator cuff strengthening.
- Continue scapular stabilizer strengthening.
- Avoid IR in abducted position > 30 degrees and cross body shoulder motion

Phase III: Full function (>3 months)

- Begin combined full flexion and IR from abducted position.
- Discontinue lifting restrictions.
- Advance rotator cuff and scapular stabilizer strengthening.

- Initiate functional progression to sports specific activities at 4 months.

Return to Activities

Computer	As soon as tolerated
Driving	When no longer taking narcotics
Run	8 weeks
Golf	3 months
Tennis	3 months
Swimming	4 months
Weight lifting	4 months
Contact sports	6 months