

GARRETT COUNTY ORTHOPAEDICS

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Anterior Labral/SLAP Repair, Bankart Repair, and/or Anterior Capsular Plication

Phase I: 0-6 weeks post-op:

Precautions: ~no active use of arm
~sling at all times for 6 weeks (even while sleeping)

PROM guidelines: ~avoid gaining too quickly by adhering to the following:
~ wks 1-2: limit flexion 0-90 degrees and ER to neutral only
~ wks 3-4: limit flexion 0-110 degrees and ER to 10 degrees only
~ wks 5-6: limit flexion 0-130 degrees and ER to 20 degrees.

Day 1-week 2:

- Hand, elbow, wrist AROM shoulder in neutral position
- Modified pendulums, forearm supported or in sling, progress to full pendulum x 1 week.
- Gentle isometrics flexion, adduction, extension, abduction
- Stationary bike (must wear sling)
- PROM as above, AAROM after day 7

Week 3- 4:

- Continue appropriate previous exercises
- Add pain free IR and ER isometrics (**no active IR if open Bankart**)
- Scapular retraction/protraction
- P/AAROM as above

Week 5-6:

- Continue appropriate previous exercise
- All Shoulder AAROM and stretching (wand, pulley, wall, towel, etc)
- no IR towel stretch behind back if open Bankart
- Prone scapular retractions without weight

Phase II: 7- 12 weeks: **Discharge Sling**

Phase II Goals: Full AAROM, 90% ER, Pain free ADLs

****Refer to exercise chart in appendix for guidelines and ROM progressions****

Weeks 7-8:

- AROM through full range
- UBE (forwards and backwards)
- Bike or elliptical for conditioning

Weeks 9 – 12:

- All previous exercise as needed
- May begin jogging progressing gradually as tolerated
- Pool walking or running only, **no UE strokes/swimming until 4-6 months**

Weeks 12+:

- All previous exercises/ROM as needed, see chart below
- Progress strength per pt tolerance increasing weight/intensity gradually (low weight, high reps, pain free)
- Pool therapy
- **Recommendation to wait 9-12 months before return to contact/collision, overhead sports, or aggressive. (time may vary slightly depending on surgeon and patient progress)**

APPENDIX: GENERAL SHOULDER PROGRESSIONS			
<p>*The following is a supplement to the rehabilitation guidelines on various types of shoulder exercises. It is not an all-inclusive list, but provides ideas for gradually progressing a patient through rehabilitation*</p> <p>In general, beginning level shoulder exercises are performed with light resistance in a ROM below 90° of shoulder elevation. Intermediate level exercises are done with moderate resistance in a ROM below 120°. Advanced level exercises are done with moderate resistance in a full ROM, but avoiding the 90° abducted, 90° externally rotated position until ~5-6 months post-op. All training should be pain free.</p>			
Exercise Type	Beginning Level ~7-10 weeks post-op	Intermediate Level ~9-18 weeks post-op	Advanced Level ~16-26 weeks post-op
Body Blade	Flexion/Extension IR/ER Superior/Inferior (arm at side)	FF range to 90° Scaption to 90° IR/ER through ROM Horiz adb/add at 90°	FF range to 150° Scaption to 150° IR/ER through ROM Diagonal motions
Ball toss	Chest pass – 2 handed IR toss – (arm at side)	Overhead toss – (2 handed) Behind back toss	Overhead diagonal toss – (2 handed) Regular throwing toss
Prone stabilization	Weight shifting in sitting, standing, prone on all fours	All fours stabilization on stable surface	All fours stabilization on foam or theraball
Supine stabilization	Supine Shoulder Stabilization @ 90°	Supine Shoulder Stabilization from 60-120°	Supine Shoulder Stabilization (Available ROM)
Cuff strengthening	ER/IR – (arm at side) FF/Scaption to 60-90° (Thumb up)	ER/IR - (30-45° shld scaption) FF/Scaption to 90-120° (Thumb up)	ER/IR- (45-90°shld scaption) – gradually moving into abd PNF patterns
Scapular strengthening	Ceiling “punches” Rows	“Pushouts” (in standing) Rows (inferior/superior)	Pushup plus
Pushups	none	Wall pushups – progressing to inclined pushups	Knee pushups – progressing to modified regular pushups
Misc activities	Basketball: dribbling, chest and bounce pass Golf: putting Volleyball: bumping Pool: jogging, treading Wall ball drawing	Basketball: shooting within the key only Golf: chipping, short irons Volleyball: setting Pool: No overhead strokes Tossing Frisbee Catching drills: below 90°	Basketball: noncontact drills only Golf: gradual return Vball: gradual return ~6 mo Pool: gradual return Forehand, backhand racquet sports (no overhead)