

PHYSICAL THERAPY PROTOCOLS

ARTHROSCOPIC CAPSULOLABRAL RECONSTRUCTION

I. PHASE I – “RESTRICTED MOTION” – MAXIMUM PROTECTION PHASE (WEEKS 0-6)

WEEKS 0-2

- Ultrasling for comfort x 2 weeks
- To sleep in Ultrasling for 4 weeks, unless directed otherwise by Dr. Miller
- PROM
 - Flexion to 90 degrees
 - ER to 30 degrees
 - IR to 45 degrees
- Elbow, wrist and hand ROM
- Isometrics, submax, and pain-free, IR, ER, abduction, elbow flex/ext
- Hand gripping Ex's
- Ice and modalities to shoulder to control pain

WEEKS 3-4

- Discontinue use of Ultrasling
- Continue PROM
 - Flexion to 120 degrees
 - ER to 40 degrees
 - IR to 65 degrees
- Continue Isometrics
- Continue elbow, wrist and hand exercises

WEEKS 5-6

- Discontinue Ultrasling for sleep
- Continue PROM
 - Flexion to 150 degrees
 - ER to 60 degrees, may progress to 45 degrees ABD
 - IR to 65 degrees
- Continue isometrics
- Scapular protraction, retraction, elevation, depression exercises

II. PHASE II – MODERATE PROTECTION PHASE (WEEKS 7-14)

WEEKS 7-9

- AAROM and PROM
 - Flexion to full
 - ER to 75 degrees – may progress to 90 degrees ABD
 - IR to full
- Initiate isotonic shoulder exercise: Tubing and dumbbell – IR, ER, ABD, supra, biceps, triceps
- Light manual resistance PNF

WEEKS 10-14

- PNF with tubing and manual resistance
- Continue isotonic strengthening
- Continue all scapular strengthening
- 12 weeks: May start light plyometrics and proprioception activities
- Tubing at 90 ABD

III. PHASE III – MODERATE PROTECTION PHASE (WEEKS 15-24)

WEEKS 15-18

- Continue all flexibility exercises, capsular stretches to maintain full ROM
- Continue strengthening exercises, with focus on proper scapulohumeral rhythm
- Progress plyometric program
- Initiate throwing program, with MD's orders
- Work conditioning, per MD's orders

WEEKS 18-24

- Continue flexibility exercises
- Continue Thrower's Ten program
- Continue strengthening
- Work Conditioning, per MD's orders
- Mound Program: 6-8th month per MD