

ARTHROSCOPIC SHOULDER SURGERY REHABILITATION PROTOCOL

Anterior Bankart Labral Repair and Capsulorrhaphy

GENERAL GUIDELINES

- The local anesthetic (similar to novacaine) in your shoulder will last 6-12 hours
 - Start taking the pain medication as soon as you start feeling pain
- Vistaril may be taken every 6 hours as needed for nausea, itching, or trouble sleeping
- Use cryotherapy continuously for the first 72 hours, then after exercises thereafter
 - Ensure that the cryotherapy cuff never contacts the skin directly
 - Apply to the shoulder after performing rehab exercises for the first 12 weeks
- Remove the bandage 72 hours after surgery, but leave the white steritrips on the skin
 - Apply fresh gauze pad or bandaid to any incision that is moist or weeping
- You may shower after dressing removal as long as the incisions/steritrips are dry
 - All incisions must be completely dry for 24 hours before getting wet in shower
 - Do NOT submerge the shoulder underwater for the first 6 weeks
- The sling is for comfort and to protect the repair.
 - Wear the sling for the first 4 weeks, removing it for exercises and showers
 - Wear the sling when out of the house for the first 6 weeks
- Protect the shoulder while getting dressed, keeping the arm close to your side
 - choose loose, comfortable clothing that is easy to put on and take off
 - the operative arm should go in first when putting on a shirt, and should come out last when taking off a shirt.
- Schedule a follow-up appointment for two weeks after surgery 410-448-6400

PHASE I

Begins immediately post-op through the first postoperative visit (2 weeks)

Goals:

- Protect the shoulder and minimize inflammation
- Ensure skin healing and initiate early range of motion

Sling:

- Wear the sling full-time, removing only for shower and exercises
- May type or write in the sling, but no holding or carrying anything heavier than a pen.

Therapeutic Exercises (remove sling to perform 2 times per day):

- *Pendulums.* Start the day after surgery. Bend over at the waist and let the arm dangle. Use your body to generate some momentum for the arm to gently rotate, rather than using the muscles of the operated shoulder/arm. These should also be performed in the shower and is the safest position to wash under the armpit.
- *Adducted external rotation stretching.* Use the normal arm to passively rotate the hand/arm on the surgical side to the outside (away from the belly), with a limit of 30 degrees.

PHASE II

Begins 2 weeks postoperatively and extends to 4 weeks postoperatively

Goals:

- Protect the shoulder and the repair
- Regain shoulder motion

Sling:

- Wear the sling full-time, removing only for shower and exercises
- May type or write in the sling.
- No holding/carrying anything heavier than a pen/pencil

Therapeutic Exercises (3 times per day):

- All exercises from phase I
- *Adducted external rotation stretching*, to a limit of 50 degrees
- *Active-assisted supine forward elevation*
- *Behind-the-back internal rotation stretching*
- *Scapular retractions*

PHASE III

Begins 4 weeks postoperatively and extends to 8 weeks postoperatively

Goals:

- Protect the repair
- Improve range of motion
- Progress to active range of motion while minimizing inflammation

Sling:

- Discontinue the sling at home after 4 weeks
- Wear the sling outside of the home for the first 6 weeks

Activities:

- No lifting or carrying anything heavier than a cup of coffee or can of soda

Therapeutic Exercises (2 times per day):

- All exercises from Phase II
- *Adducted external rotation stretching*, no limit as tolerated
- *Supported active adducted shoulder rotation.*
- *Upright active-assisted forward elevation* (may use pulley for assistance)

PHASE IV

Begins 8 weeks postoperatively and extends to 12 weeks postoperatively

Goals:

- Protect the repair
- Maximize range of motion
- Initiate strengthening

Activities:

- No lifting or carrying anything heavier than 5 lbs

Therapeutic Exercises (2 times per day):

- All exercises from Phase III
- *Cross-body stretch*
- *Hands-behind-head stretch*
- *Wall climb and stretch*
- *Theraband* strengthening in all planes

PHASE V

Begins 12 weeks postoperatively until 18 weeks postoperatively

Additional criteria for advancement to Phase IV:

- Painless range of motion

Goals:

- progress early functional strengthening
- Protect the repair

Activities:

- No restrictions for daily activities.

Therapeutic Exercises (stretching every day, strengthening every other day):

- All exercises from Phase IV
- Stretching in all planes
- Progressive theraband strengthening
- Initiate weight training with shoulders in adduction (Rows, biceps, triceps)
 - No presses, incline, pull downs, or dips

PHASE VI

Begins 18 weeks postoperatively

Goals:

- Maximize functional strength

Therapeutic Exercises:

- All exercises from Phase V
- progressive dynamic strengthening

RETURN TO SPORT

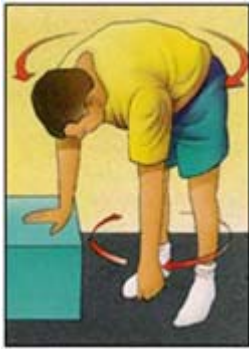
Requires clearance from physician

Sport training/practice once shoulder at 90% of uninvolved side

- Start with 'walk-through' at < 1% of maximum effort
- Increase 10% effort each session as tolerated

Goal of return to full participation in contact sports at 7 months

Selected Exercise Diagrams (Phase 1)

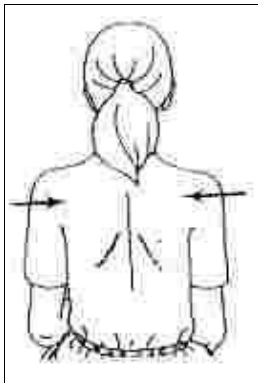


Pendulums

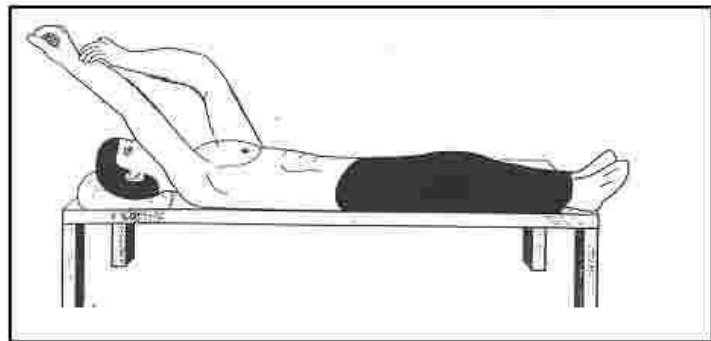


Adducted External rotation stretching

Selected Exercise Diagrams (Phase 2)

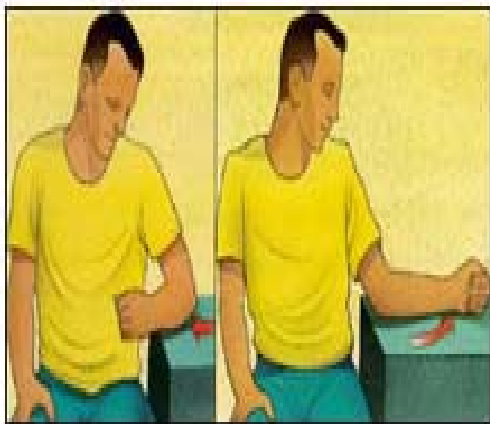


Scapular retractions

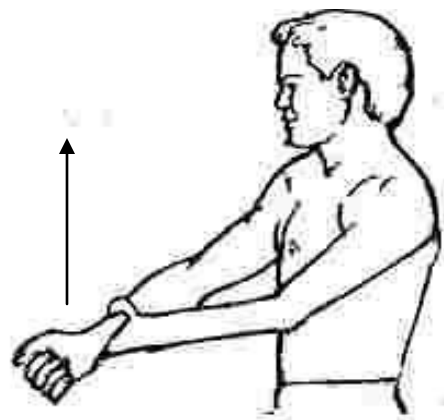


Supine active-assisted forward elevation stretching

Selected Exercise Diagrams (Phase 3)

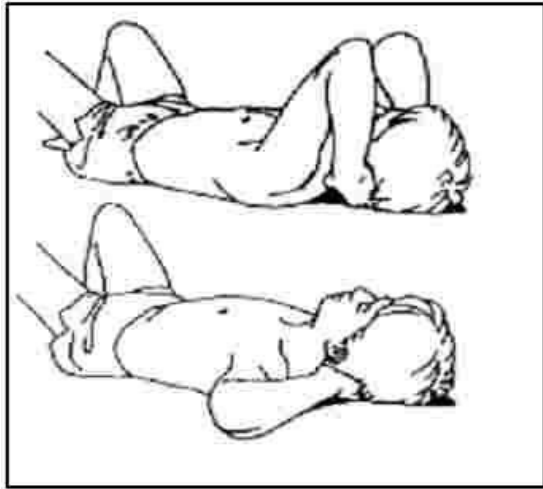


Supported adducted active shoulder rotation



Upright active-assisted forward elevation

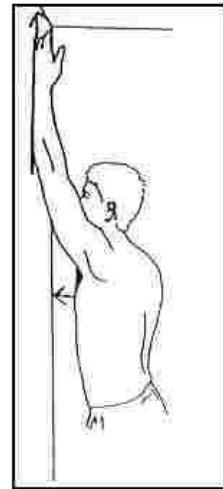
Selected Exercise Diagrams (Phase 4)



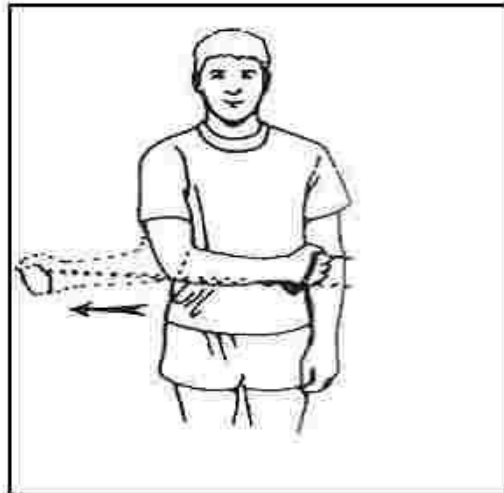
*Hands-behind-head stretch
(External rotation stretching in abduction)*



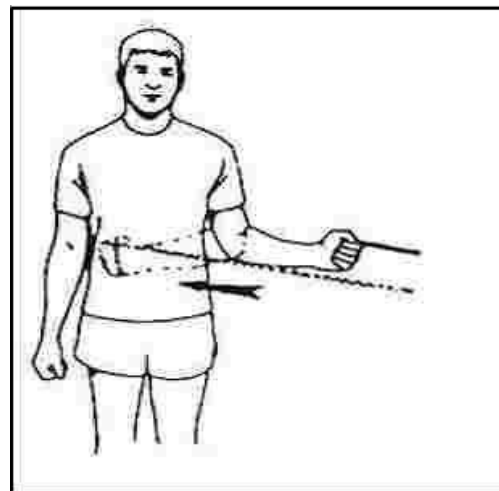
Cross-body stretching



Wall climb



Theraband external rotation



Theraband internal rotation