

ARTHROSCOPIC LABRAL AND ROTATOR CUFF EARLY MOTION* REPAIR PROTOCOL

PHYSICIAN: DR. DAVID P. ADKISON

PATIENT: _____

Things to know:

- 1. The repair was done with the arm at the side and this allows early mobilization.**
- 2. Far and away, the most common cause of stiffness and pain more than 3 weeks postop is failure to mobilize the scapula.**
- 3. Do not force motion measurements ahead of postop visits. The goal is safe rehab, not impressing me.**

A. SLING

PATIENT MAY BEGIN TO STOP WEARING THE SLING AS TOLERATED. MAY NEED TO WEAR SLING WHEN ARM IS TIRED, OR WHEN IN A CROWD TO PREVENT INJURY.

B. PASSIVE MOTION/ACTIVE ASSISTED MOTION

FE: TO FULL AS TOLERATED BEGINNING ON POST-OP DAY 1. TRY TO ACHIEVE FULL BY DAY 14.

ER: ELBOW ADDUCTED TO SIDE, NO EXTENSION-TO 50 DEGREES AS TOLERATED BEGINNING ON DAY 1.

EXT: HOLD UNTIL POST OP DAY 28, THEN INCREASE AS TOLERATED

SCAPULA: **BE SURE SUPINE SCAPULAR MOBILIZATION is done every visit until normal!!
DO NOT BEGIN STRENGTHENING UNTIL ROM IS AT LEAST 90 % OF NORMAL SIDE.**

C. STRETCHING

POSTERIOR CAPSULE: BEGIN GENTLY ON DAY 1 AND ATTEMPT TO HAVE FULL CROSSBODY ADDUCTION BY 4 WEEKS POST OP. ALTERNATELY, MAY HAVE PATIENT PLACE BACK FIRMLY AGAINST THE WALL AND PERFORM SHOULDER INTERNAL ROTATION WITH THE SHOULDER ABDUCTED TO 90 DEGREES. FULL POSTERIOR CAPSULE STRETCHING HAS OCCURRED WHEN THE HAND CAN TOUCH THE WALL OR EQUAL THE NON-OPERATED SIDE
ANTERIOR CAPSULE: HOLD UNTIL 4 WEEKS TO AGGRESSIVELY STRETCH. MAY

PERFORM EXTERNAL ROTATION WITH THE SHOULDER ABDUCTED TO 90 DEGREES AS NOTED ABOVE. FULL ANTERIOR CAPSULE STRETCHING ACHIEVED WHEN THE HAND CAN REACH THE WALL OR EQUALS THE NON- OPERATED SIDE.

INFERIOR CAPSULE: FULL FE AS NOTED ABOVE; ASSIST AS NEEDED AND TOLERATED

- D. PRE'S** BEGIN AT FOUR WEEKS POSTOPERATIVE IF ROM IS 90 DEGREES OF NORMAL OR GREATER. STRENGTHEN IR, LAT PULL-DOWNS, ASSISTED DIPS OR PULL-UPS USING GRAVITRON OR SIMILAR. BEGIN WITH RESISTANCE OF ¼ BODY WEIGHT AND PROGRESS AS TOLERATED

RETURN TO SPORTS

2-3 MONTHS NON-CONTACT

4-6 MONTHS CONTACT

*REF: Sheps, et.al. *Arthroscopy* pp 749-762. March 2019