

ARTHROSCOPIC LABRAL DEBRIDEMENT/REPAIR & CYST DECOMPRESSION

Phase I – Immediate Postoperative Phase: Restrictive Motion	
Goals	<ol style="list-style-type: none"> 1. Protect the anatomic repair 2. Prevent negative effects of immobilization 3. Promote dynamic stability and proprioception 4. Diminish pain and inflammation
Weeks 0 – 2	<ul style="list-style-type: none"> • Sling for 2 weeks • Sleep in immobilizer for 2 weeks • Elbow/hand ROM • Hand gripping exercises • Cryotherapy, modalities as indicated
Week 2	<ul style="list-style-type: none"> • Discontinue use of sling during day • PROM and gentle AAROM <ul style="list-style-type: none"> ○ Flexion to 90° week 2 ○ ER/IR with arm 30° abduction ○ ER to 40-45° ○ IR to 5-10° • **NO active IR or Extension or Abduction • Submaximal shoulder isometrics
Weeks 3 – 4	<ul style="list-style-type: none"> • Continue gentle ROM exercises (PROM and AAROM) <ul style="list-style-type: none"> ○ Flexion to 140° ○ Abduction to 110° ○ ER/IR at 45° abd in scapular plane ○ ER in scapular plane to 55-60° ○ IR in scapular plane to 15-20° • May initiate stretching exercises (at 4 weeks) • Rhythmic stabilization and proprioception drills • Core stabilization program • Initiate scapular strengthening program <p>Continue use of cryotherapy **NOTE: Rate of progression based on evaluation of the patient No excessive IR, extension or elevation</p>
Weeks 5 – 6	<ul style="list-style-type: none"> • Gradually improve ROM <ul style="list-style-type: none"> ○ Flexion to 180° ○ ER at 45 degrees abduction: 55-50° ○ IR at 45 degrees abduction: 55-60° • Initiate exercise tubing ER/IR with arm at side (6 weeks) • Scapular strengthening • PNF manual resistance

SHOULDER AND ELBOW

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Phase II – Intermediate Phase: Moderate Protection Phase	
Goals	<ol style="list-style-type: none"> 1. Gradually restore full ROM (week 8) 2. Preserve the integrity of the surgical repair 3. Restore muscular strength and balance 4. Enhance neuromuscular control
Weeks 7 – 9	<ul style="list-style-type: none"> • Restore movements that are not full <ul style="list-style-type: none"> ○ ER at 90° abduction: 70-80° at week 7 ○ ER at 90° at weeks 8 -9 ○ IR at 90° abduction: 70-75° • Initiate ER/IR at 90° abduction • Arm ergometer for endurance training • Continue to progress isotonic strengthening program • Continue PNF strengthening
Weeks 10 – 14	<ul style="list-style-type: none"> • Progress isotonic strengthening exercises • Continue all stretching exercises <p>** Progress ROM to functional demands (i.e. overhead athlete) Progress to isotonic strengthening (light and restricted ROM)</p>
Phase III – Minimal Protection Phase	
Goals	<ol style="list-style-type: none"> 1. Maintain full ROM 2. Improve muscular strength, power and endurance 3. Gradually initiate functional activities
Criteria to Enter Phase III	<ol style="list-style-type: none"> 1. Full non-painful ROM 2. Satisfactory stability 3. Muscular strength (<u>good grade or better</u>) 4. No pain or tenderness
Weeks 15 – 18	<ul style="list-style-type: none"> • Continue all stretching (+ capsular stretches) and strengthening exercises • Throwers ten program or fundamental exercises • PNF manual resistance • Endurance training (e.g. arm ergometer) • Restricted sport activities (light swimming, half golf swings)
Phase IV – Advanced Strengthening Phase	
Goals	<ol style="list-style-type: none"> 1. Enhances muscular strength, power and endurance 2. Progress functional activities 3. Maintain shoulder mobility
Criteria to Enter Phase IV	<ol style="list-style-type: none"> 1. Full non-painful ROM 2. Satisfactory static stability 3. Muscular strength 75-80% of contraateral side 4. No pain or tenderness
Weeks 21 – 24	<ul style="list-style-type: none"> • Continue flexibility exercises • Continue isotonic strengthening program • Neuromuscular control drills • Plyometric strengthening • Progress interval sport programs

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