

# SPECTRUM MEDICAL

Surgical Date: \_\_\_\_\_ Rehab Start Date: \_\_\_\_\_ Ant Capsule/Glenoid Labrum Protocol  
Arthroscopic Anterior Capsulolabrial and/or Glenoid Labrum Reconstruction (For Acquired Laxity)

## PHASE I. IMMEDIATE POSTOPERATIVE PHASE "RESTRICTIVE MOTION"

**GOALS:** Protect surgical repair and healing tissue  
Prevent negative effects of immobilization  
Reestablish dynamic stability  
Diminish pain and inflammation

### WEEK 0-2:

- ✓ Sling for 2 weeks
- ✓ Sleep in immobilizer for 3-4 weeks (Physician Discretion)
- ✓ Elbow and hand ROM (First 3-5 Days)
- ✓ Hand Gripping Exercises (First 7 days)
- ✓ Passive and gentle active assistive ROM exercises
  - Motion to tolerance and comfort
  - By the end of week 2:
    - Flexion to 60-75 degrees
    - ER in scapular plane to 20-25 degrees
    - IR in scapular plane to 30-40 degrees
- ✓ Sub maximal isometrics for shoulder musculature
- ✓ Rhythmic stabilization ER/IR (@ Week 2)
- ✓ Cryotherapy, modalities as indicated
  - "NO MOTION" above shoulder height
  - "NO ACTIVE" ER or EXTENSION or ABDUCTION

### WEEK 3-4:

- ✓ Discontinue use of sling
- ✓ Sleep in immobilizer (Physician Decision)
- ✓ Continue PROM and AAROM exercises
  - Flexion to 90 Degrees
  - Abduction to 75-80 Degrees
  - ER in scapular plane to 45-50 Degrees
  - IR in scapular plane to full
- ✓ Continue isometrics and rhythmic stabilization (Submax)
- ✓ ER/IR arm at side with tubing (Week 3)
- ✓ Continue use of Cryotherapy
  - "NO MOTION" above shoulder height

### WEEK 5-6:

- ✓ Gently increase ROM
  - Flexion to 135-140 Degrees
  - ER @ 90 Degrees Abduction: 50-65 Degrees
  - IR @ 90 Degrees Abduction: 50 Degrees
- ✓ May initiate stretching exercises
- ✓ May initiate PNF strengthening exercises
- ✓ May initiate AROM shoulder motions
- ✓ May initiate pool exercises (No Swimming)

## PHASE II. INTERMEDIATE PHASE-MODERATE PROTECTION PHASE

**GOALS:** Gradually restore full ROM (Week 8-9)  
Preserve the integrity of the surgical repair  
Restore muscular strength and muscular balance

### WEEK 7-8:

- ✓ Gradually increase ROM
  - Flexion to 170-180 Degrees
  - ER @ 90 Degrees Abduction: 90 Degrees
  - IR @ 90 Degrees Abduction: 90 Degrees
- ✓ Initiate isotonic strengthening program (i.e. Thrower's Ten Program)
- ✓ Continue PNF strengthening

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Ant Capsule/Glenoid Labrum Protocol

- ✓ Continue Manual resistance stabilization drills
- ✓ Continue and emphasize scapular exercises

## **WEEK 9-10:**

- ✓ Progress ROM to functional demands
  - ER @ 90 Degrees Abduction: 90 Degrees
  - Horizontal Abduction: 45-50 Degrees
- ✓ Continue all other stretches to maintain flexibility
- ✓ Continue all isotonic strengthening exercises
- ✓ Continue manual resistance drills

## **WEEK 10-14:**

- ✓ Continue to stretching exercises
- ✓ May initiate slightly more aggressive strengthening
- ✓ May initiate golf swing (Week 12)
- ✓ May initiate light swimming (Week 12)

## **PHASE III-MINIMAL PROTECTION PHASE (WEEK 14-21)**

**GOALS:** Establish and maintain full ROM

Improve muscular strength, power and endurance  
Gradually initiate functional activities

### **Criteria to enter Phase III:**

1. Full non-painful ROM
2. Satisfactory shoulder stability
3. Muscular strength that fulfills criteria (isokinetics)
4. No pain or tenderness

## **WEEK 14-18:**

- ✓ Continue all stretching and flexibility exercises
- ✓ Continue all strengthening exercises:
  - Throwers Ten Program
  - PNF Manual Resistance
  - PNF rhythmic stabilization drills
  - Endurance training
  - Initiate plyometric drills:
    - Two Handed drills first, then progress to one hand drills
  - Initiate swinging of bat (Week 16) \*\*Hit of Tee

## **WEEK 17-21:**

- Continue all exercises listed above
- Initiate Interval Throwing Program

## **Phase IV-RETURN TO ACTIVITY PHASE (WEEK 22-32)**

**GOALS:** Gradual return to sports

Maintain strength, mobility, and stability

## **WEEK 21-23:**

- Continue all strengthening and stretching exercises listed above
- Progress Interval Throwing Program to "Off the Mound"

## **WEEK 23-26:**

- Progress to unrestricted sport participation
- Continue Thrower's Ten Program
- Continue stretching and flexibility program

### **CRITERIA to RETURN to THROWING:**

1. Full non-painful ROM
2. Satisfactory isokinetic test
3. Satisfactory shoulder stability
4. No pain to tenderness