



## Rehabilitation Protocol – Posterior Capsulolabral Reconstruction (Arthroscopic)

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### PHASE I: PROTECT REPAIR

*(0 to 6 weeks after surgery)*

- Patients may shower post-op day # 2.
- Sutures will be removed by surgeon in 7 to 10 days.
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Brace should be in place when not performing exercises.
- May start active scapular mobility exercises at 3 to 4 weeks – Must keep the shoulder musculature relaxed.
- Avoid IR ROM and flexion greater than 90.
- Initiate exercise program 3 times per day:
  1. Immediate elbow, forearm and hand range of motion
  2. Passive and active assistive ER at the side to 60, scapular plane abduction to 90, flexion to 90 only

### PHASE II: PROGRESS ROM & PROTECT REPAIR

*(6 to 12 weeks after surgery)*

- May discontinue brace.
- Lifting restriction of 5 pounds with the involved extremity.
- Initiate gentle rotator cuff strengthening.
- Continue scapular stabilizer strengthening.
- Avoid IR in abducted position > 30 and cross body shoulder motion
- Advance active and passive ROM:
  1. ER at the side and scapular plane elevation to tolerance
  2. Flexion to tolerance – shoulder should be in externally rotated position
  3. Extension to tolerance
  4. IR from abducted position to 30 degrees

### PHASE III: FULL FUNCTION

*(>3 months after surgery)*

- Begin combined full flexion and IR from abducted position.
- Discontinue lifting restrictions.
- Advance rotator cuff and scapular stabilizer strengthening.
- Initiate functional progression to sports specific activities at 4 months.