

Rehabilitation Following Arthroscopic Anterior Shoulder Plication in the Atraumatic Patient

I. PHASE I – IMMEDIATE GUARDED MOTION PHASE (Weeks 0-8)

Goals:

- Reduce postoperative pain and inflammation
- Promote capsular healing
- Retard muscular atrophy
- Controlled motion to shoulder

Weeks 0-2:

- Sling and swathe for 4 weeks
- Sleep in sling for 4 weeks
- Remove sling and swathe for exercises
- AAROM with L-bar and PROM
 - Flexion to 45-50 degrees (week 1)
 - Flexion to 50-60 degrees (week 2)
 - ER in scapular plane 15-20 degrees abduction to 5-10 degrees
 - IR in scapular plane 15-20 degrees abduction to 15-20 degrees
- Pendulum exercises
- Rope and pulley to 50-60 degrees
- Isometrics
 - ER/IR at 0 degrees abduction
 - Shoulder flexion
 - Shoulder abduction
- Scapular retraction
- Rhythmic stabilization IR/ER
- Biceps isometrics (if SLAP repair no for 6 weeks)

Modalities:

- Cryotherapy for first 7-10 days

Weeks 3-4:

- Continue use of sling and swathe
- AAROM and PROM exercises
 - Flexion to 90 degrees
 - ER at 30 degrees abduction scapular plane to 30 degrees
 - IR at 30 degrees abduction scapular plane to 45 degrees
- Continue pendulum and rope/pulley
- Muscular strengthening exercises
- Tubing ER/IR at 0 degrees abduction
- Continue isometrics
- Prone rowing
- Prone horizontal abduction (limited ROM)
- Lower trapezius table lifts
- Continue manual resistance RS
- Initiate proprioception drills

Weeks 5-6:

- Discontinue sling and swathe (week 4) Physician will determine
- Progress ROM overhead (above 90 degrees abduction)

- AAROM and PROM
- Flexion to 125 degrees (week 5)
- Flexion to 145 degrees (week 6)
- ER at 45 degrees abduction to 45-50 degrees at week 6
- IR at 45 degrees abduction to 45 degrees at week 6
- Muscular Training
 - Initiate light isotonic week 5
 - Full can (begin with 1 lb)
 - Shoulder abduction (begin with 1 lb)
 - Sidelying ER
 - Scapular strengthening
 - Continue manual resistance RS
 - Initiate light resistance CKC wall drills
- Continue proprioception drills
- Initiate case stabilization drills

Weeks 7-8:

- Continue all exercises listed above
- Progress ROM slowly

II. PHASE II – CONTROLLED MOTION PHASE (Weeks 9-16)**Goals:**

- Gradually increase ROM and flexibility
- Enhance dynamic stabilization
- Improve muscular strength and endurance
- Gradually increase applied loads

Weeks 9-10:

- Flexibility and ROM exercises
 - ER at 90 degrees abduction to 50-65 degrees (week 9)
 - IR at 90 degrees abduction to 55 degrees (week 9)
 - Full flexion 145 degrees

Muscular Training:

- Continue rhythmic stabilization drills (ER)
- PNF D2 Flex/Ext with RS
- Throwers Ten Program
 - Progress 1 lb/week if non-painful
- Progress scapular strengthening program
- Push-ups on ball on table RS
- Wall stabilization onto ball into wall
- Tubing ER with manual resistance
- CKC drills
- Proprioception drills

Weeks 10-12:

- Continue all exercises listed above
- Progress AAROM & PROM IR/ER at 90 degrees abduction to 70-75% of full ROM at week 12

Weeks 13-16:

- Continue all exercises listed above
- Initiate progressive resistance exercises

III. PHASE III – ADVANCED STRENGTHENING PHASE (Weeks 16-23)**Goals:**

- Progress strengthening, power and endurance
- Enhance dynamic stabilization
- Initiate overhead throwing program

Weeks 16-20:

- Continue all flexibility and ROM exercises
- Emphasize scapular & cuff strengthening program
- Scapula control drills
- Proprioception drills
- Endurance drills
- Core stabilization drills

Weeks 21-25:

- Continue all the above exercises

IV. PHASE IV – RETURN TO ACTIVITY PHASE (Weeks 26>)**Goals:**

- Progress to unrestricted full activity
- Continue/progress strengthening exercise

Weeks 26-30:

- Light ROM exercise
- Progress to functional drills & activities
- Continue strengthening exercises
- Scapulae control drills
- Proprioception drills