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 isotonics 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