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REHAB PROTOCOL: ARTHROSCOPIC CAPSULAR RELEASE, SUBACROMIAL DECOMPRESSION AND OPEN BICEPS TENODESIS

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Principles:

Range of Motion (ROM) takes precedence over strengthening!!

If ROM is lagging behind, hold off on strengthening and focus on ROM and stretching.

Phase I: Weeks 0-6 (Physical therapy to start within a week from surgery)

Most Important phase of Therapy after Capsular release

Sling for first 4 weeks. Abduction pillow can be removed in first week.

Precautions

Avoid strengthening exercises during phase I

ROM should be in the pain free arc

Please avoid Upper Body Ergometer, Handweights, Body Blade and Therabands during Phase I

Protect biceps tenodesis (avoid active elbow flexion, flexion against resistance and passive extension for last 30 degrees)

Scapular: Closed chain scapular exercises (Scapular shrugs, protraction, retraction and depression)

PLAN

Pain control: ice, heat, modalities, anti-inflammatory medications

Progress with pain-free ROM for shoulder (passive, active assisted and finally active ROM)

Keep the elbow bent to 90 degrees during these exercises

Focus on pure glenohumeral motion by stabilizing the scapula-exercises done in lying down supine position

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No limitations to shoulder ROM in any plane except IR behind the back, which can cause rotator cuff tendinitis symptoms during early stages

Passive stretching in all planes for shoulder ROM with special focus on

Home exercise program: to be done daily

Phase II: Weeks 6 and beyond

Precaution

Limit rotator cuff strengthening protocols to 2-3 days/week but ROM exercises should be done every day. Patients may notice lateral arm pain due to subacromial bursitis if too much strengthening is done in presence of stiffness

Rotator cuff strengthening should begin at the waist level first and gradually progress to strengthening in abduction. Start with therabands and progress to free weights

Exercises

Continue Phase I ROM and stretching protocol with focus on gentle end range stretching
Begin rotator cuff isometrics at 0° and progress to 45° and 90° as tolerated in pain free arc; advance to resisted exercises with therabands (6 weeks) and progress to light weights (8 weeks)

Begin closed chain scapular exercises

Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.

Begin sports related rehab at 3 months, including advanced conditionin

Modalities

Heat and Ice

Ultrasound

Iontophoresis

Phonophoresis

TENS

Trigger point massage

Evaluation and others

Teach home exercise program

Comments:

Frequency: 3 times per week

Duration: 12 weeks

Signature: _____

Date: _____



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