

**Adam Seidl, MD**  
Associate Professor  
Shoulder/Elbow Surgery  
Department of Orthopedics  
University of Colorado



**Orthopedics**  
UNIVERSITY OF COLORADO

**Highlands Ranch Hospital**  
(720) 516-4090  
**Inverness**  
(303) 694-3333  
**Anschutz Medical Campus**  
(720) 848-1900

## **Rehabilitation Protocol**

### **Posterior Capsulolabral Reconstruction (Arthroscopic)**

#### **Phase I: Protect Repair (0 to 6 weeks)**

- May remove dressing and shower postop day # 3.
- Sutures are all underneath the skin and will dissolve on their own.
- 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 and Protect Repair (6 to 12 weeks)**

- 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 – shld should be in externally rotated position
  3. Extension to tolerance
  4. IR from abducted position to 30 degrees

#### **Phase III: Full Function (>3 months)**

- 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.