

Phase I (0-2 Weeks Postop)

- **Wound care:** Keep dressing on, no tampering
- **Modalities:** prn for pain and swelling (ice)
- **Gait:** NWB with crutches or knee scooter until 6 weeks
- **Splint:** Keep on at all times

6 weeks. Initiate Theraband at 8 weeks. Progress with closed-chain strengthening as WB allows

- **Balance/Proprioceptive Activities:** Initiate at 6 weeks post-op if FWB. Progress from two-legged balance activities to single leg. BAPS: Begin seated; progress to standing. Balance board

Phase II (2 – 4 weeks post-op)

- **Wound care:** Observe for signs of infection. Begin scar management techniques when incision closed
- **Modalities:** prn for pain and swelling (ice)
- **Gait:** NWB with crutches or knee scooter until 6 weeks
- **Cast:** Worn up to 4 weeks
- **ROM:** Begin gentle active range of motion (AROM), open chain at 4 weeks
- **Strengthening:** Begin isometrics

Phase IV (10-14 weeks post-op)

- **Wound care:** continue scar management techniques
- **Modalities:** continue prn
- **Gait:** FWB
- **Boot/Brace:** Wear supportive brace
- **ROM:** continue as phase III
- **Strengthening:** continue as phase III
- **Balance/Proprioceptive Activities:** Progress to single leg if have not already. Advance to jogging and agility drills, plyometrics, sports-specific activities at 12 – 14 weeks depending on M.D. restrictions. Multiplaner; Balance; Fitter. Running/cutting drills for sports
- **Functional Testing:** <25% deficit for non-athletes, <20% for athletes

Phase III (4 – 10 weeks post-op)

- **Wound care:** Continue scar management techniques
- **Modalities:** prn for pain and swelling (ice, contrast bath)
- **Gait:** Initiate WBAT at 6 weeks, then FWB at 8 weeks
- **Boot/Brace:** Remove cast at 4 weeks and place in boot. Wean from boot at 6 weeks post-op, D/C by 8 weeks. Wear supportive brace after 8 weeks
- **ROM:** Continue AROM/PROM then progress to more aggressive ROM at 6 weeks
- **Strengthening:** Continue isometrics and progress to active strengthening at

Phase V (14-24 weeks post-op)

- **Wound care:** continue scar management techniques
- **Modalities:** continue prn
- **Gait:** FWB
- **Boot/Brace:** Wear supportive brace
- **ROM:** continue as phase III
- **Strengthening:** Increase intensity of Exercise Bike, Elliptical, Stair-stepper,



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and Treadmill. Include jogging and progressing to running. Increase intensity and resistance in closed chain strengthening to include function/activity specific. Running: 25% forward and backward flat surfaces. 50% forward and backward flat surfaces. 75% forward and backward flat surfaces. 100% forward and backward flat surfaces. Weave step beginning at 25% and building up in speed. Incorporate the above on grassy surface

- **Balance/Proprioceptive Activities:** Progress patient into plyometric program. Start in the AP plane and progress into the lateral movements and diagonals

Final Treatment Goals:

- Patient will demonstrate full strength throughout full ROM
- Normalized static and dynamic proprioception and kinesthetic awareness
- Patient to return to all pre-injury activity

Return to Sports Goals:

- Patient needs to demonstrate full proprioception and ability to work in sport specific drills at full speed in all planes without evidence of favoring prior to be released to sports
- Patient should continue to wear a support upon return



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