

Remplissage Protocol

From Dr. Stephen Burkhardt (San Antonio Orthopaedic Group)

WEEKS 0-6

Ultrasling x 6 weeks. Exercises - only prescribed post-op (shoulder shrugs, scapular retractions, ball squeezes and bicep curls)

Physical therapy begins at 6 weeks post-op.

WEEKS 6-12

Begin formal physical therapy - patient to be seen 2-3x/week

PROM GOALS:

- Forward flexion: 180 degrees at 12 weeks post-op.
- External rotation: ½ the uninvolved side at 12 weeks post-op. *Example: if uninvolved side has 70 degrees of external rotation, goal is 35 degrees of external rotation on operative side at 12 weeks.*

WEEKS 12-24

Begin strengthening program - following strength program for rotator cuff repair (small).

From Dr. Burkhardt: I wait until 3 months, since a remplissage is essentially the same as a rotator cuff repair into the Hill-Sachs defect - and I wait until 3 months after cuff repair to begin strengthening

WEEK 24 (6 months)

Full unrestricted athletic activities can be resumed at 6 months post-op as long as strength is adequate and tested/cleared through physical therapist.