



PATIENT NAME: _____

DATE: _____

SHOULDER ARTHROSCOPY SUPERIOR LABRAL REPAIR

POST OP: USE CRYCUFF OR ICE AS MUCH AS POSSIBLE THE FIRST 2 DAYS,
THEN AS NEEDED FOR PAIN.

*SLEEPING IN A PROPPED OR SITTING POSITION IS MORE COMFORTABLE AS THE SHOULDER IS KEPT ELEVATED.

*FIRST POST OP CHECK IS IN 7-10 DAYS FOR SUTURE REMOVAL.

*CALL FOR TEMPERATURE FOR >102 DEGREES, EXCESSIVE PAIN, SWELLING OR REDNESS AROUND WOUNDS.

PHYSICAL THERAPY:

WEEK 1-4: TAKE ARM OUT OF SLING AND MOVE ELBOW WRIST AND HAND AT LEAST 4 TIMES A DAY. PASSIVE AND ACTIVE ASSTISTED FORWARD ELEVATION TO 120 AND EXTERNAL ROTATION TO 20. NO EXTENSION OR CROSS BODY ADDUCTION. ISOMETRIC SCAPULAR RETRACTION, DEPRESSION AND SHRUGS. CONTINUE SLING DAY AND NIGHT FOR 3 WEEKS.

WEEK 5-8: INCREASE FF AND ER ROM BY 15 DEGREES EVERY WEEK. BEGIN CUFF STRENGTHENING IN FF, ER, AND ABDUCTION. AVOID BICEPS FLEXION STRENGTHENING. STRESS CORE BODY STRENGHTENING.

WEEK 9-12: RETURN TO FULL ROM AS TOLERATED. BEGIN CONCENTRIC AND ECCENTRIC CUFF STRENGTHENING. BEGIN BICEPS STRENGTHENING. BEGIN PLYOMETRIC TRAINING DRILLS IN THROWING ATHLETES.

WEEK 13-16: SPORT SPECIFIC TRAINING OR WORK HARDENING AS NEEDED. BEGIN INTERVAL THROWERS PROGRAM IN THROWING ATHLETES.

FREQUENCY: _____ DURATION: _____

PHYSICIAN SIGNATURE: _____