

Physical Therapy Protocol

Shoulder anterior/posterior labral repair, SLAP repair, capsulorrhaphy

Patient Name: _____ **Date:** _____

Diagnosis: _____

Surgery: _____ **Surgery Date:** _____

Immediate Postop Instructions (Week 0-2):

- Use ice or cryocuff in 20 minutes intervals for the first 2-5 days as needed for pain.
- Change dressing on post-op day #5 or prior if dressing is saturated. Re-cover with large bandaids.
- Sleeping in a partially reclined position is often more comfortable.
- Sutures are typically removed at the first post-op visit 10-18 days postop.
- Remove arm from sling 2-3 times daily to bend and straighten elbow starting on post-op day #2.
- Perform wrist and finger range of motion exercises daily.
- No lifting more than 1pound with the affected arm.

Phase I (Weeks 2-6):

- Modalities as needed (cryo, heat, edema control,etc.).
- Continue sling use at all times except when in physical therapy and doing home exercises.
- Start pendulum exercises at home.
- Begin shoulder passive and active-assisted range of motion exercises with maximum forward elevation to 120°, extension to neutral, abduction to 90°, external rotation at 30° (with arm at the side), and internal rotation to abdomen with the arm at the side.
- No internal or external rotation with the arm in forward elevation or abduction.
- No lifting more than 2 pounds with the affected arm.

Phase II (Weeks 7-12):

- Continue modalities as needed.
- Discontinue sling or shoulder immobilizer. Okay to use at work or in crowded situations.
- Advance to active range of motion exercises and passive/ active-assist motion slowly a tolerated EXCEPT: NO external rotation past 45 degrees (with arm at side) and NO internal or external rotation with the arm in forward elevation or abduction until 10 weeks postop.
- Use LIGHT resistance bands for internal+ external rotation only IF there was no rotator cuff repair.
- Wall walks and cane assisted range of motion.
- Scapular stabilization exercises.
- No lifting more than 2 pounds with the affected arm.

Phase III (>12 weeks):

- Advance as tolerated to aggressive rotator cuff and peri-scapular strengthening.
- No weight restriction with the affected arm.
- Full passive and active range of motion allowed.
- Continue scapular stabilization exercises.

RETURN TO ACTIVITY:

Manual labor below shoulder level: 12-16 weeks.

- Overhead lifting > 20 pounds: 22-26 weeks.
- Non-contact sports: 12-16 weeks.
- Contact sports and overhead sports: 26 weeks.
- Throwing sports: 26 weeks only if successfully completed a thrower's program.