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**Physical Therapy Protocol**

**Shoulder anterior/posterior labral repair, SLAP repair, capsulorrhaphy**

**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.