

## CAPE COD SPORTS MEDICINE INC.

### ORTHOPEDIC SURGEON

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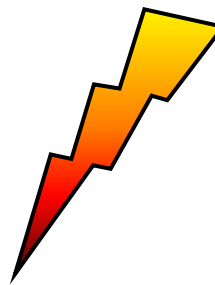
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# ARTHROSCOPIC LABRAL REPAIR REHAB

## PHASE I – The Protection Phase

### Weeks 0- 4:

- Bracing:** May remove immobilizer as needed  
Sleep with pillow behind elbow
- Exercise:** Stretch wrist flexors & extensors (*hold for 10 sec, repeat 10 times*)  
Grip putty or soft-ball & squeeze (*frequently throughout day*)  
Gentle at-home pendulum exercises 1-2 times per day
- APPT:** At 10-14 days post-op, remove sutures, review photos



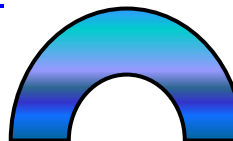
### Weeks 4- 6:

- Bracing:** Wean from sling, continue pillow behind elbow
- Exercise:** Perform all exercises to tolerance (*take to point of pain and/or resistance and hold*)  
Continue wrist stretching & gripping exercises
- C odman Pendulum exercises (*bent over & stir the pot with SMALL circles, 2 min x 3 per day*)
- Rope & Pulley exercises: Shoulder forward-flexion to 60°, abduction to 45°
- B egin progressive resistance exercises (PRE) for elbow (*1-5 pounds*)  
Biceps Curl: (*hold for 2 sec & fully extend arm, increase hold time & # reps daily*)  
Fren ch Curl: (*hold for 2 sec & slowly lower arm, increase hold time & # reps daily*)  
Wrist Curls, supinated & pronated: (*hold for 2 sec & slowly lower wrist*)
- Begin conditioning program for trunk, lower extremities & cardiovascular system

## PHASE II - ROM Phase

### Weeks 6 – 8:

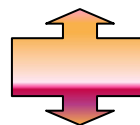
- Bracing:** Wear sling as needed for comfort.  
May discontinue night bracing
- Exercise:** Continue all the above, increase hold time, # reps. **DO NOT** increase weights!!!  
PROM/AAROM: Shoulder forward-flexion to 90°, Abduction to 90°, Int Rot to 45° at 90° shoulder  
abduction, Shoulder horizontal abduction & adduction to tolerance
- Supi ne T-bar exercises (*same limits as above*)  
Therband ER & IR at 0° shoulder abduction (*hold 2 sec with slow return to starting point*)



**Weeks 8 – 10:**

**Bracing:** Discontinue all bracing  
**Exercise:** Continue all the above, Perform all exercises to tolerance (*take to point of pain and/or resistance and hold*), may increase weight to 10 pounds maximum.  
 PROM/AAROM limits: FF to 160°, ABD to 120°, IR/ABD to 90°/90° position, ER/ABD to 90°/90°  
 Begin Active-supine ROM to tolerance.  
 Begin progressive resistance exercises (PRE) for Shoulder (*weight 0-5 pounds*)  
 Shou Ider forward-flexion: (*hold all for 2 secs, increase time & reps # daily*)  
 Shoulder Abduction  
 Supraspinatus empty can lift  
 Prone extension  
 P rone horizontal abduction  
 Sid e-lying external rotation  
 Shou Ider Shrugs  
 Prog ressive push-ups  
 Continue Conditioning Program, may begin jogging  
 Begin Therband Exercises for Rhomboids, Latissimus Dorsi, Biceps & Triceps

**PHASE III – Strengthening Phase**



**Weeks 10 - 12:**

**Exercise:** Continue PRE's with the above program, (*elbow wt to 15 pounds and shoulder weight to 10 pounds*)  
 Cont inue Theraband exercises (*increase tension & reps as tolerated*)  
 Ball & Net exercises; forward 2-hand pass  
 Eccentric TheraBand Program (*increasing tension & reps as tolerated*)  
 St anding Flexion  
 anding Abduction  
 Standing Supraspinatus empty can lift  
 Stand ing Internal Rotatiion  
 Stand ing External Rotation  
 St anding Elbow Flexion  
 Standi ng Elbow Extension  
 Prone extension  
 P rone horizontal abduction  
 Sid e-lying external rotation  
 Shou Ider Shrugs  
 Prog ressive push-ups

**Weeks 12 – 14:**

**Exercise:** Continue PRE's with the above program, (*increase weight as tolerated*)  
 Add Theraband exercises in a diagonal pattern  
 Begin high speed Theraband exercises as tolerated  
 Ball & Net, start overhead 2-hand pass, one hand underarm pass  
 Add sport-specific training exercises

**PHASE IV – Return to Activity Phase**

**Weeks 14 - 18:**

**Exercise:** Continue all the above (*increase weights & resistance as tolerated*)  
 Begin to emphasize a gradual return to recreational activities  
 Increase Sport-specific training, may attend light practice sessions  
 Sw im Program, crawl, sidestroke



**ISOKINETIC TESTING OF SHOULDER BETWEEN 18-22 WEEKS  
RETURN TO FULL ACTIVITY AT 22 WEEKS**

