

CAPE COD SPORTS MEDICINE INC.

ORTHOPEDIC SURGEON

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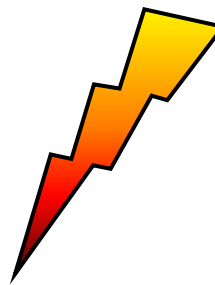
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ARTHROSCOPIC LABRAL REPAIR REHAB

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



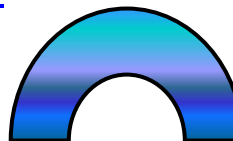
Weeks 4- 6:

- 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
Codman 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°
Begin progressive resistance exercises (PRE) for elbow (*1-5 pounds*)
 Biceps Curl: (*hold for 2 sec & fully extend arm, increase hold time & # reps daily*)
 French 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
Supine 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*)

Shoulder forward-flexion: (*hold all for 2 secs, increase time & reps # daily*)

Shoulder Abduction

Supraspinatus empty can lift

Prone extension

Prone horizontal abduction

Side-lying external rotation

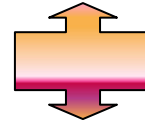
Shoulder Shrugs

Progressive 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*)

Continue Theraband exercises (*increase tension & reps as tolerated*)

Ball & Net exercises; forward 2-hand pass

Eccentric TheraBand Program (*increasing tension & reps as tolerated*)

Standing Flexion

Standing Abduction

Standing Supraspinatus empty can lift

Standing Internal Rotation

Standing External Rotation

Standing Elbow Flexion

Standing Elbow Extension

Prone extension

Prone horizontal abduction

Side-lying external rotation

Shoulder Shrugs

Progressive 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

Swim Program, crawl, sidestroke



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

