

**Toribio T. Natividad M.D.**

**Fellowship Trained in Sports Medicine**

**Arthroscopic Shoulder Labral repair/ Capsulorrhaphy / SLAP Repair**

0-2 weeks post op

 Arm in sling/ immobilizer for 2 weeks.

 Remove arm from sling twice a day to fully extend the elbow and perform gentle pendulum exercises.

Work on hand grip and finger straightening.

Modalities as needed.

2 weeks post op

 Cont. as above

 Wear sling/immobilizer during the daytime, keep arm close to body when out of sling.

 Rotator cuff sub-maximal isometrics in immobilizer in flexion, extension, abduction, adduction,

 Internal/external rotation.

 Chin tuck

 Pendulum ex’s

 **PROM with ATC or PT no shoulder pulleys**

 **Flexion 90°**

 **Abduction 90°**

 **Internal Rotation 30° in scapular plane**

 **External Rotation 30° with arm at side**

 **Extension neutral**

Scapular ex’s-elevation with shrugs, depression, retraction, protraction with manual resistance in these motions

4 weeks post op

 Cont. as above

 **D/C sling/immobilizer**

 Advance IR to full and begin light T-band IR ex’s elbow at side

 “Sleeper stretch” of posterior capsule. (Side-lying in affected side arm flexed to 90°. Use opposite arm to

 Internally rotate affected arm.)

 **PROM with shoulder pulleys or assisted ROM**

 **Abduction, Flexion overhead as tolerated to full**

 **Internal Rotation 90°with arm at side and abducted to 90°**

 **External Rotation 30° with arm at side and abducted to 90°**

 **Begin AAROM ex;s standing or supine with wans**

 Wall walks

6 – 12 weeks post op

 Cont. as above

 Advance **ROM TO FULL AS TOLERATED, BUT LIMIT External Rotation to 45°** both with arm at side and abducted to 90° until 3 months post op. Strive for GH/SC movement of 2:1

 UBE

 Begin standing isotonic RC ex’s advance the weight on all ex’s to 6-8 lbs.

 Flexion to 90° thumb pointing up (flex shoulder to full with weight when able)

 Abduction 90° thumb pointing up (abduct shoulder to full with weight when able)

 Scaption 90° thumb pointing up, elevate arm in plane of scapula, (empty can position)

 Scaption 90° thumb pointing down, same position as above but stop at 60°of abduction