

**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