

Jay F. Deimel, MD

ORTHOPAEDIC SURGERY

SPORTS MEDICINE

SHOULDER POSTERIOR LABRUM / HAGL REPAIR POST OPERATIVE PHYSICAL THERAPY PROTOCOL

Sling (except during PT and washing):

Sling x 4 weeks at all times in External Rotation, then 2 weeks during activities

Motion:

- Week 1-2: Pendulum exercises, elbow/wrist/hand ROM
Passive, Active-assist ROM in forward flexion to goal of 90 deg
Passive, AAROM in IR/ER to 30 deg
Active elbow flex/ext
- Week 3-4: ROM: Active and passive forward flex to goal of 180 deg (Do not load post-inferior shoulder in this position)
Full A/PROM in IR/ER (Avoid extremes of cross arm adduction)
- Week 4-6: discontinue sling
Full ROM in all planes
Start posterior capsule stretch

Strengthening:

- Week 1-2: Submaximal isometrics in all planes
Grip strengthening
- Week 3-4: Theraband strengthening: IR/ER; ABD/ADD, with arm at side
Sidelying ER; Bicep/Tricep strengthening; Scapular stabilization
- Week 4-12: Progressive strengthening (light-mod as tolerated)
- Week 12-24: Full strengthening as tolerated; sport-specific exercises
Cleared for light/non-contact sports as comfort allows and as strength nears maximum
- Week 24: Cleared for contact sports and activities (rock climbing, waterskiing, etc.)

***Please direct questions to Dr. Deimel and his team at 814-454-2401.**