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PHYSICAL THERAPY: SLAP/ POSTERIOR LABRAL REPAIR

EARLY POST OP (0-2 weeks)
GOALS:
Pain and swelling control
Begin passive motion program

EXERCISES/RESTRICTIONS:
Rest, ice to affected shoulder
Continue sling at all times except for bathing
Passive forward flexion to 90 degrees
Passive external rotation to 0 degrees
Scapula isokinetics
Pendulum exercises
No active elevation of arm
No lifting of objects with arm

PHASE I (2-6 weeks)
GOALS:
Healing of repair
Restoration of passive ROM

EXERCISES/RESTRICTIONS:
Sling at all times except bathing
Passive forward flexion to 120, ER to 30
Scapula isokinetics
Pendulum exercises
No active elevation of arm
No lifting of objects with arm

PHASE II (6-12 weeks)
GOALS:
Full ROM

EXERCISES/RESTRICTIONS:
Discontinue sling
Modalities for pain control

Passive/Active ROM
Biceps/Triceps strengthening
Scapular stabilization program
Rotator cuff strengthening program when FF > 90 and abduction >90
Avoid abduction/ER
Teach home program

PHASE III (12-18 weeks)

GOALS:
Full ROM
Strength to 90% compared to other side
Beginning rotator cuff strengthening program

EXERCISES/RESTRICTIONS:
Continue with aggressive PT
Modalities for pain control
Passive/Active ROM
Biceps/Triceps strengthening
Scapular stabilization program
Rotator cuff program with weights
Teach home program

PHASE IV (>18 weeks)

GOALS:
Return to sport

EXERCISES/RESTRICTIONS:
Advance to sport specific activities