



PHYSICAL THERAPY

Patient Name: _____ DOB: _____

**Shoulder and Elbow
Service**

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Arthroscopic Labral Repair

ANTERIOR () POSTERIOR () SLAP ()

-) No internal rotation or hyperextension for 6 weeks*
-) No UBE or weights for 3 months

Week 0-3

-) Pendulums, ROM elbow, wrist and hand PROM:
Scapular plane elevation to 90deg; ER to ____
Scapula AROM: elevation and retraction

Week 3-4

-) PROM: scapular plane elevation to 140 deg; ER to ____
AAROM: scapular plane elevation and ER to above limits
Pulleys
Scaption isometrics @ 30deg (against gravity)

Week 4-6

-) PROM: Scapular plane elevation to 165 deg; ER to ____
AROM scaption – supine @ 4 wks, standing @ 5 wks
Sidelying ER
Dynamic weightbearing on ball (bilateral)

Week 6-8

-) PROM: to tolerance including cocking (ER @ 90 deg ABD)
Supine cocking with weight (eccentric emphasis)
Supine PNF D2 Diagonal with weight (eccentric emphasis)
Dynamic weightbearing on ball (unilateral)

Week 8-10

-) PROM: Scapular plane elevation to full; ER to ____
Supine cocking with weight (eccentric emphasis)
Supine PNF D2 diagonal with weight (eccentric emphasis)
Dynamic weightbearing on ball (unilateral)

Week 10 +

-) Rebounder cocking and backhand toss
Push ups
Increase speed of training
Increase emphasis on eccentric control of cocking

MD/PA Signature _____ **Date** _____

_____ **Times a Week for** _____ **Weeks**