

## **POST-OP Posterior Labral Repair Instructions and Therapy Protocol**

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Office Contact Number: 203-758-1272

### **Instructions**

- ✓ Use the supplied sling at all times unless performing therapy exercises as directed. Usually you will need the sling at all times for 6 weeks.
- ✓ Use your **R L** hand for light activities only that can be performed while in a sling .
- ✓ For bathing, after removal of the dressing, you may shower. **DO NOT** use the **R L** arm for washing. Be gentle. Sudden movements or actively moving the arm away from the body can disrupt the surgical repair.

### **Dressing**

- ✓ Keep your dressing clean and dry. Cover for washing until you remove it.
- ✓ You may remove the entire bandage in 5 days after surgery. After removing the dressing, the incisions can get wet in the shower. Apply band-aids over the incision during the day as needed.

*To reduce the risk of infection:*

- **DO NOT soak the wounds for prolonged periods (ie no swimming, baths, etc).**
- **DO NOT apply any antibiotic or other ointments, gels, or creams**
- **Call the office if there is persistent drainage from the surgical wounds after removal of the dressing.**

### **Medications**

- ✓ Please take the prescribed medication as directed. Do not drive while taking narcotic pain medication.

### **Follow-Up**

- ✓ Please make an appointment to see me back in the office approximately 12-14 days from surgery. The sutures will be removed at that time.
- ✓ **Please set up PT appointment within the first week post-op**

Please call the office number above with any questions or concerns following surgery.

THANK YOU FOR YOUR COOPERATION IN THE POST-OP PERIOD

## Posterior Labral Repair Post-Op Therapy Instructions

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Patient Name \_\_\_\_\_ Date of Surgery \_\_\_\_\_

Diagnosis \_\_\_\_\_ Type of Repair \_\_\_\_\_

### **Week 0-3: Goals = Control pain, promote healing, prevent stiffness**

Wean off of prescribed medication.

#### **Exercises to perform 4-5 x day, 7 days/week**

Pendulums (start on first day of therapy)

PROM: Scapular plane to 90 ER to 45.

Elbow, wrist, hand ROM

*Stay in sling when not performing exercises*

### **Week 3-6: Goals = Promote healing, prevent stiffness**

PROM: Scapular plane to 90 ER to 60

A/AAROM: Scapular plane elevation and ER to above limits

Scapular stabilization

*Stay in sling when not performing exercises*

### **Week 6-8: Goals = Regain full motion, Begin strengthening**

PROM: Elevation 140, ER to 60, Begin IR (gently)

ER/Scaption with gentle resistance, progress gently once motion is restored

Scapular stabilization

### **Week 8-10: Goals = Full motion, Begin return to sports training**

PROM: to tolerance, including IR

AROM: to tolerance

Strengthening: isometrics > bands > light weights

Scapular stabilization

### **Week 10+: Goals = Return to full activity**

Begin eccentrically resisted exercise, plyometrics, proprioception

Sports-related conditioning at 12 weeks

Return to throwing at 18 weeks

Return to push-ups at 18 weeks