

POST-OP Anterior 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

Anterior Labral Repair Post-Op Therapy Instructions

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Patient Name _____ Date of Surgery _____

Diagnosis _____ Type of Repair _____

Week 0-1: Goals = Control pain

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

Pendulums (start on first day of therapy)

Elbow, wrist, hand ROM

Week 1-4: Goals = Control pain, promote healing, prevent stiffness

Wean off of prescribed medication.

PROM → AAROM → AROM: Scapular plane FF to 90, ER to 20, IR to stomach,
Abd 45

No cross-body adduction until 6 weeks

Stay in sling when not performing exercises

Week 4-8: Goals = Promote healing, prevent stiffness

DC sling at 6 weeks

PROM → AAROM → AROM: Scapular plane FF to 160, ER to 45 at side, IR to
waist behind back, Abd 160

Scapular stabilization

Modalities per therapist

Initiate very gentle strengthening in ROM limitations

Stay in sling when not performing exercises

Week 8-12: Goals = Regain full motion, Begin strengthening

PROM: Improve end-range with passive stretching

Progressive gentle strengthening as tolerated

Isometrics > bands > light weights

Months 3-12: Goals = Strengthening and begin sport-specific treatments

Strengthening 3x per week

Closed chain at 12 weeks

Sports-related rehab at 12 weeks (including conditioning)

Return to throwing at 4.5 months

Pitching at 6 months

MMI at 12 months