

Superior Labral Repair

Dr. Mark McCarthy
 Chippewa Valley Orthopedics & Sports Medicine
 1200 OakLeaf Way, Suite A 757 Lakeland Drive, Suite B
 Altoona, WI 54720 Chippewa Falls, WI 54729

Patient _____
 DOS _____

	POW 0-2	POW 2-4	POW 4-8	POW 8-12	POW 12-20
ROM	Active/Active assisted stretch: ER 45° Flexion 140° IR as tolerated		ER/IR Full as tolerated Increase Flexion as tolerated	Full AROM without discomfort	Full and pain free
Sling	Immobilized at all times day and night Off for hygiene and gentle home exercises only	Worn during daytime only	None		
Exercises	Wrist AROM Grip Strengthening Isometric Abduction Isometric IR/ER with elbow at side Table Flexion Swiss Ball Roll Supine wand ER Standing wand Flex, IR/ER	Continue with previous Isometric Flex/Ext Table weight shifts Active Supine Flexion	Gentle Joint Mobilizations Prone Extension Prone Rows Rhythmic Stabilizations Serratus Punches Sidelying ER	Advance weights UBE Tubing IR/ER Tubing Rows Tubing Extension Bicep Curls* Standing "I", "Y", "T" *Outdoor running, planks, push ups at 10 weeks	Begin functional progression to return to previous activity level Begin interval throwing program at 16 weeks May return to weight room at 3 months if appropriate Return to competitive sports by 5 months if MD approved
Revised January 2022					

*6-8 weeks is required for healing of the biceps labrum, therefore, avoid activities that stress the repair (i.e. active biceps exercises, forceful extension, etc)

Any Questions? Please contact:
Northwoods Therapy Associates
 Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060