

Post-op PATIENT Instructions: SUPERIOR (SLAP) LABRAL REPAIR

Dressing: A dressing has been applied to your shoulder to absorb any fluid/blood. A small amount of blood on the dressing is to be expected. Begin dressing changes 24-48 hours following surgery. Remove the OR dressing, apply sterile gauze to the surgical site and re-tape. A small amount of soap/water or alcohol cleansing adjacent to the incisions is permitted with the first dressing change. Unless directed by your surgeon, **no salves, balms, or ointments to the incisions.** Band-Aids over the small incisions are recommended until they are completely sealed. Soreness and bruising is expected for several days afterward. **Showering is permitted 72 hours following surgery. Soaking the incisions should be avoided. No swimming pools/bathtubs/hot-tubs/beach water for 4 weeks or until cleared by your surgeon.**

Ice: Ice is a powerful anti-inflammatory. Icepacks/wraps will help to reduce swelling and pain. Use liberally (20-30 min./session), but protect the skin from direct contact (and frostbite).

Activity: Wear the immobilizer/sling as directed below. The forearm strap may be removed for hand, wrist, and elbow range of motion which decreases extremity swelling. Sleeping in a recliner with pillows behind the elbow may provide additional comfort. No driving until permission is given by your surgeon.

Pain: A nerve block has been performed for immediate post-op pain control by the anesthesiologist. It typically “wears off” at about 8-12 hrs following surgery. A narcotic (taken every 3-4hrs as needed for breakthrough pain) is given to control your pain. **Begin taking these pain medications when you BEGIN experiencing pain!** These meds can take 30-45 minutes to start “working”. You do not want to play “catch-up” by letting your pain get out of control. Nausea, drowsiness, and constipation are common side effects of narcotics. Adequate fluid intake and a stool softener obtained over the counter from your local pharmacy is recommended to minimize constipation. Call the office if you are unable to tolerate your medication.

Precautions: Call the office (813) 684-2663 if you develop: temperatures >101°F, shortness of breath, chest pain, uncontrolled pain, marked redness/hives, persistent drainage, new onset numbness, significant incisional/calf swelling, or any other concerns.

Post-operative Visit/Appointment:

- **Call (813) 684-2663 today to make a post-operative appointment to see your surgeon 2 weeks following your surgery.**

Special Instructions: _____ (Additionally, follow any indicated instructions below.)

Schedule physical therapy: per attached prescription as soon as able

Sling / Shoulder Brace: for 6 weeks; (**NO DRIVING WHILE IN SLING!**)

Ice (Cryotherapy) Unit: protect/check skin regularly

PT/OT PRESCRIPTION: SUPERIOR (SLAP) LABRAL REPAIR

(PATIENT NAME)

Diagnosis: s/p LEFT / RIGHT Arthroscopic: SUPERIOR Labral Repair

MD Orders for the Therapist:

- Physical Therapy/Occupational Therapy Prescription: 2-3 times per week x 6 weeks
- Follow this protocol without substitution. Contact my office with any questions.

Christopher T. Donaldson, MD

Precautions: Sling will be placed in OR and worn for 6 weeks. The sling may be removed for dressing, hygiene, and exercises. It may also be removed for tabletop activities within pain tolerance such as eating, brushing teeth, writing, and occasional keyboard use.

****No isolated biceps activation for eight weeks****

(0-3 Weeks)

- **ROM**
 - Passive forward elevation to 90° in the scapular plane
 - Pendulum – gentle (2-3x/day)
 - Posterior joint mobilizations (grades I-II)
 - Elbow ROM – may be AROM/PROM – no resistance
 - ER with elbow by side/wand to tolerance
 - Full hand/wrist ROM
- **Strength**
 - Scapular stabilization (scapular clock and manual resisted scapular PNF patterns)
 - Submaximal isometrics – No elbow flexion
- **Goals to Progress to Next Phase**
 1. Control pain and inflammation
 2. Gradual increase in ROM
 3. Promote healing of tissue
 4. Initiate muscle contraction

(3-6 Weeks)

- **ROM**
 - Full PROM in all planes **except ER** per patient tolerance by 6 weeks
 - May use pulleys/supine wand in all planes to patient tolerance
 - ER-progress PROM, AROM as tolerated (up to 60°)
 - Gentle posterior capsular stretches and Grade II mobs
 - Keep all exercise pain-free ROM only
- **Strength**

- Initiate prone and side-lying exercise with light resistance
- Initiate supine rhythmic stabilization at 90° flexion
- Initiate IR/ER at neutral (0° of Abduction) with tubing
 - Use towel roll between elbow and side
- Supine punches with light resistance
- UBE for endurance

- **Goals to Progress to Next Phase**

1. Gradual increase in ROM
2. Enhance upper extremity strength
3. Achieve full PROM in all planes **except ER** by 6 weeks
4. PROMER (up to 60°)

(6-12 Weeks)

- **ROM**

- Towel and side-lying internal rotation stretch
- Continue posterior and initiate inferior Grade III-IV mobilization

- **Strength**

- Strength and stability progression with increased ROM
- Stress high reps/low resistance
- Initiate biceps strengthening at 8 weeks
- Initiate plyotoss chest pass
- Initiate PNF patterns with tubing
- Initiate IR/ER exercises at 90° of abduction

- **Goals to Progress to Next Phase**

- Achieve full AROM by 8 weeks **except ER**
- Full PROM External Rotation by 8-10 wks
- Full AROM External Rotation by 10-12 wks
- 5/5 rotator cuff strength
- 65-70% IR/ER isokinetic testing

(3-4 Months)

- **ROM**

- Continue with all ROM activities from previous phases if goals were not met
- Continue Pectoralis and Posterior Capsular stretch

- **Strength**

- Light tossing – Up to 45 ft. with emphasis on proper mechanics and follow through.
(Only if ROM has been normalized in all planes)
- Initiate single arm plyotoss
- Progress eccentric strengthening of posterior cuff and scapular musculature
- Begin throwing progression and contact activities can start at 4 months