

Shoulder Superior Labral Reconstruction Rehabilitation Protocol

Post op week 1

1. SUPINE ASSISTED SHOULDER FLEXION

Instructions: Lie on back with arm down at side and thumb pointed towards the ceiling. Use unaffected hand to grasp the wrist of the affected arm and slowly raise it only to 90 degrees.

2. HAND SQUEEZING EXERCISES

Instructions: Use a foam ball.

3. ELBOW & WRIST AROM

Instructions: Perform elbow and wrist flexion, extension, pronation, and supination while holding the shoulder in a neutral position at side.

4. “TWO FINGER” ISOMETRICS

Instructions: Use the unaffected hand to provide very light resistance during shoulder flexion, adduction, extension, and abduction (No rotation).

Post op weeks 2-6

1. SUPINE ASSISTED SHOULDER FLEXION

Instructions: Lie on back with arm down at side and thumb pointed towards the ceiling. Use unaffected hand to grasp the wrist of the affected arm and slowly raise it only to 90 degrees.

2. ELBOW AND WRIST AROM WITH LIGHT WEIGHTS

Instructions: Perform elbow and wrist flexion, extension, pronation, and supination ROM with light weights (starting with one pound progressing to no more than three pounds) while holding the shoulder in a neutral position at side

3. ISOMETRICS

Instructions: Use unaffected hand to provide submaximal and **PAIN FREE** resistance during flexion, adduction, extension, abduction, ER, IR

4. SCAPULAR RETRACTION

Instructions: Retraction - Gently “pinch” shoulder blades together. Hold for 5 seconds and relax.

5. AEROBIC CONDITIONING

Instructions: May ride a stationary bike but only if wearing the sling

Weeks 6 – 9

1. Continue appropriate previous exercises
2. AAROM, AROM through full range
 - Begin pulleys pm
 - Wand behind back for IR
3. Rotator cuff strengthening with Theraband
 - ER and IR arm at side with rolled towel in axilla
 - Flexion to 60 degrees
 - Abduction to 60 degrees
 - Scaption to 60 degrees
 - Extension to 30 degrees
4. Standing rows with Theraband
5. Resistive elbow / wrist exercises with light dumbbell
6. Push-up progression – Wall
7. Body Blade
8. Ball on wall (arcs, alphabet)
9. BAPS on hands
10. UBE – Forwards and backwards at low resistance
11. Elliptical trainer
12. Stairmaster
13. Pool walking / running – No UE resistive exercises
14. Goals
 - Full AROM
 - 30 wall push-ups

Weeks 9 – 12

1. Continue appropriate previous exercises with increased resistance
2. PROM / mobilization as needed to regain full ROM
3. Seated row weight machine with light weight
4. Push-up progression – Wall to table
5. Ball toss with arm at side using light ball
6. Treadmill – Running progression program
7. Pool therapy – With UE resistance
8. Goal – Rotator cuff strength WNL

Months 3 – 4

1. Continue appropriate previous exercises
2. Fitter on hands
3. Ball toss overhead
4. Weight training with light resistance (no overhead press, pull downs, lateral lifts)

5. Push-up progression – Table to chair
6. Goals
 - Run 2 miles at easy pace
 - 30 chair push-ups

Months 4 – 6

1. Continue appropriate previous exercises
2. Push-ups, regular
3. Sit-ups
4. Gravitron – Pull-ups and dips
5. Swimming
6. Running progression to track
7. Progressive weight training program
8. Transition to home / gym program
9. Goals
 - a. Resume all activities
 - b. Pass APFT at 6 months post-op

No contact sports until 6 months post-op