



Superior Labral Repair

Phase I-Passive Range of Motion

Week 0-4

Forward flexion scapular plane to 90
External rotation elbow at side only to 30
Internal rotation to body
Isometrics ok
Edema control
Modalities as needed
Ice as needed

Week 4

Begin full forward flexion
ER with elbow at the side full
IR behind back as tolerated

Week 6

Begin full range of motion

Phase II-Active Range of Motion:(start at 6 weeks)

Pendulums

Full active range of motion terminal stretch building slowly to full range of motion over 4 weeks

Phase III-Strengthen Program

Week 6

External rotation to neutral
Internal rotation
Forward punches
Seated rows
Shoulder shrugs

Week 8

Bear Hugs
Biceps curls

Sport Cord

Tricep extension
Standing row
Lat pull

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Phase IV-Weight Training

Week 10

Keep hands within eyesight/elbow bent/limited overhead activity

Return to sport

Football at 5 months

Throwing program at 5 months

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