

Provider: Mark Wood, MD

Labral Repair (Arthroscopic Stabilization and SLAP)

Sling for 4 weeks

Phase 1 (Passive)

- Pendulums to warm-up.

Week 1 to 3: 90-degree elevation, 0-degree external rotation
Internal rotation to belt line

Week 4: Full elevation and internal rotation
30-degree external rotation

Phase 2 (Active)

- Pendulums to warm-up
- Terminal stretch

Week 4 & 5: Full elevation and internal rotation
External rotation to 45 degrees

Phase 3 (Resisted)

- Pendulums to warm up and continue with Phase 2

Week 6: Resisted forward flexion
External and internal rotation
Shrugs, rows
Gradually increase external rotation to full by 12 weeks

Weight Training

Week 8: Avoid anterior capsular stress (No wipe grip bench)

Return to Activities

- Computer – As soon as tolerated
- Golf – Eight (8) weeks (chip & putt only)
- Tennis – 12 weeks (no overhead)
- Contact Sports – Four (4) months