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PHYSICAL THERAPY PRESCRIPTION:

RIGHT or LEFT SHOULDER ARTHROSCOPY WITH COMBINED ANTERIOR, SUPERIOR, & POSTERIOR LABRAL REPAIR

Weeks 1-3: Phase I – Maximum Protection Phase

Sling Immobilizer: AT ALL TIMES when not doing exercises

Goals:

1. Promote healing: reduce pain, inflammation and swelling
2. Elevation in plane of scapula: to 90°
3. External Rotation: 30° - Internal Rotation: 30°
4. Independent home exercise program (HEP)

Exercises:

- Passive ROM in plane of scapula (supine) as tolerated (**NO PAIN**)
- Passive external rotation (ER) as tolerated and extension to neutral (**NO PAIN**)
- Passive internal rotation to 30 degree. (**NO PAIN**)
- Scapular isometrics, mobility and stabilizer exercises
- Pain-free submaximal deltoid isometrics
- Elbow/wrist active range of motion. Modalities as needed for pain and edema control

Advancement Criteria:

1. ER to 45°, minimal pain or inflammation
2. Elevation in plane of scapula to 90°

Weeks 3-6: Phase I

Sling Immobilizer: D/C sling between 4 to 5 weeks.

Exercises:

- Passive ER to 45 and extension to neutral
- Passive FF in scapular plane to 140 AROM wrist/elbow
- Scapular “pinches”
- Pain free submaximal
- Deltoid isometrics
- Modalities as needed

Advancement Criteria: ER to 45
FF in scapular plane to
140 Minimal pain and
inflammation

Weeks 6-10: Phase II

Sling Immobilizer: At all times except for showering and
exercise Discontinue at week 8

Exercises:

- Passive & Active assisted FF in scapular plane – no limits (wand exercises, pulleys)
- Passive & Active assisted ER – no limits
- Manual scapular side-lying stabilization exercises
- IR/ER submaximal, pain free
- isometrics Modalities as needed

Advancement Criteria: FF to 160
ER to 60
Normal scapulohumeral
rhythm Minimal pain and
inflammation

Weeks 10-14: Phase III

Exercises:

- AAROM for full FF and ER
- AAROM for IR – no limits IR/ER/FF isotonic strengthening
- Scapular and latissimus strengthening
- Humeral head stabilization exercises
- Begin biceps strengthening
- Progress IR/ER to 90/90 position if required
- General upper extremity flexibility exercises

Advancement Criteria: Normal scapulohumeral rhythm
Full upper extremity ROM
Isokinetic IR/ER strength 85% of uninvolved side

Minimal pain and inflammation

Weeks 14-18: Phase IV

Exercises:

- Continue full upper extremity strengthening program
- Continue upper extremity flexibility exercises
- Activity-specific plyometrics program
- Begin sport or activity related program
- Address trunk and lower extremity demands

Discharge Criteria:

Isokinetic IR/ER strength equal to uninvolved side
Independent HEP
Independent, pain-free sport or activity specific program

Physician's Signature: _____

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