

**ANTERIOR LABRAL
REPAIR / CAPSULAR
SHIFT**



Post-op protocol for ***Daniel Myer, M.D.***

Sling Use:

Sling for 8 weeks
Avoid the "throwing position" for 3 months

Phase I: (Passive)	Week 1-3	<ul style="list-style-type: none"> • Pendulums to warm-up • Passive Range of Motion • Supine External Rotation – 0 degrees • Supine Forward Elevation - 90 °degrees • No Internal Rotation
	Week 4	<ul style="list-style-type: none"> • Supine External Rotation – 30 ° degrees • Supine Forward Elevation – Full • Internal Rotation to belt line
Phase II: (Active/Assistive)	Week 5	<ul style="list-style-type: none"> • Pendulums to warm-up • Active Assistive Range of Motion with Passive Stretch to prescribed limits. • Supine-Seated External Rotation - gradually increase to full by 12 weeks. No terminal stretching with ER. • Supine-Seated Forward Elevation - Full • Internal Rotation - Full
Phase III: (Resisted)	Week 6	<ul style="list-style-type: none"> • Pendulums to warm up and continue with phase 2 • External and Internal Rotation • Standing forward punch • Seated rows • Bicep Curls • PRE's for Periscapular strengthening
Weight Training:	Week 12	<ul style="list-style-type: none"> • Avoid anterior capsular stress • Keep hands within eyesight, Keep elbows bent • Minimize overhead activities (No Military press, pulldown behind head, or wide grip bench)
Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	8 weeks	Golf (chip and putt ONLY)
	12 weeks	Tennis (no overhead)
	4 months	Increase Weight lifting, Throwing Program

	6 months	Contact Sports