

ARTHROSCOPIC POSTERIOR LABRAL REPAIR

GUNSLINGER BRACE for 6 weeks at all times

Week 1-4 Pendulum Exercises
Elbow / Wrist / Hand Range of Motion

Week 5-7 Passive Range of Motion
 Forward Flexion to 180
 External rotation to full
 Internal rotation to beltline

Week 8 Passive and Active Assisted Range of Motion to full

Week 9-12 Full range of Motion
Resistance Exercises
 External and Internal Rotation
 Standing Forward Punch
 Seated Rows
 Shoulder Shrugs
 Biceps Curls
 Bear Hugs

Weight Training Activity (week 12 and beyond)

Avoid Posterior Capsular stress
Keep hands within eyesight, keep elbows bent
Minimize overhead activity
(avoid military press, lat pull-down behind head, wide grip bench-press)

Return to Activity Guidelines

Computer	4 weeks
Golf	8 weeks (chip & putt) 4 months (progress to full swing)
Tennis	4 months
Contact Sports	5-6 months