

# NASSOS ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

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PATIENT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## SHOULDER ARTHROSCOPY SUPERIOR LABRAL REPAIR

**POST OP:** USE CRYCUFF OR ICE AS MUCH AS POSSIBLE THE FIRST 2 DAYS,  
THEN AS NEEDED FOR PAIN.

\*SLEEPING IN A PROPPED OR SITTING POSITION IS MORE COMFORTABLE AS THE  
SHOULDER IS KEPT ELEVATED.

\*FIRST POST OP CHECK IS IN 7-10 DAYS FOR SUTURE REMOVAL.

\*CALL FOR TEMPERATURE FOR >102 DEGREES, EXCESSIVE PAIN, SWELLING OR  
REDNESS AROUND WOUNDS.

### PHYSICAL THERAPY:

**WEEK 1-4:** TAKE ARM OUT OF SLING AND MOVE ELBOW WRIST AND HAND AT  
LEAST 4 TIMES A DAY. PASSIVE AND ACTIVE ASSISTED FORWARD ELEVATION  
TO 120 AND EXTERNAL ROTATION TO 20. NO EXTENSION OR CROSS BODY  
ADDUCTION. ISOMETRIC SCAPULAR RETRACTION, DEPRESSION AND SHRUGS.  
CONTINUE SLING DAY AND NIGHT FOR 3 WEEKS.

**WEEK 5-8:** INCREASE FF AND ER ROM BY 15 DEGREES EVERY WEEK. BEGIN CUFF  
STRENGTHENING IN FF, ER, AND ABDUCTION. AVOID BICEPS FLEXION  
STRENGTHENING. STRESS CORE BODY STRENGTHENING.

**WEEK 9-12:** RETURN TO FULL ROM AS TOLERATED. BEGIN CONCENTRIC AND  
ECCENTRIC CUFF STRENGTHENING. BEGIN BICEPS STRENGTHENING. BEGIN  
PLYOMETRIC TRAINING DRILLS IN THROWING ATHLETES.

**WEEK 13-16:** SPORT SPECIFIC TRAINING OR WORK HARDENING AS NEEDED.  
BEGIN INTERVAL THROWERS PROGRAM IN THROWING ATHLETES.

FREQUENCY: \_\_\_\_\_ DURATION: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ JONATHAN T. NASSOS, M.D.