

**ANTERIOR LABRAL REPAIR / CAPSULAR SHIFT**

Post-op protocol for  
*Mathew Taylor, M.D.*



Sling Use:

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

Phase I: (Passive)

Week 1-3

- Pendulums to warm-up
- Passive Range of Motion
- Supine External Rotation – 0 degrees
- Supine Forward Elevation - 90 °degrees
- No Internal Rotation

Week 4

- Supine External Rotation – 30 ° degrees
- Supine Forward Elevation – Full
- Internal Rotation to belt line

Phase II:  
(Active/Assistive )

Week 5

- 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

- 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

- 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

