



EXCEPTIONAL ORTHOPAEDIC CARE BEGINS HERE

**Ryan Livermore, M.D.**

10100 East Shannon Woods Circle  
Suite 100  
Wichita, KS 67226

(316) 219-8299

**PHYSICAL THERAPY  
SHOULDER ARTHROSCOPY WITH COMBINED  
ANTERIOR, SUPERIOR, & POSTERIOR LABRAL REPAIR**

**Weeks 3-6: Phase I**

Sling Immobilizer: At all times except for showering and exercise

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