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**Dr. Randy Clark**  
 Shoulder Instability/SLAP Repair/Labral Repair/Plication  
 Physical Therapy Protocol

	<b>Sling Immobilizer</b>	<b>Range of Motion</b>	<b>Exercises</b>	<b>Goals</b>
<b>0-4 weeks</b>	At all times	wrist motion only no shoulder movement	No lifting/pulling/pushing	Decreased pain and swelling
<b>4-6 weeks</b>  <b>*Start Physical Therapy at 4 weeks</b>	At all times except in PT	1-Pendulums 2- passive ROM only FF to 120, ER to 30 3-No manipulation	1-Scapular stabilization 2-No resistance training or strengthening 3-Deltoid, Rotator Cuff Isometrics 4-no lifting/pushing/pulling 5- if SLAP repair, no active elbow flexion or supination for 6 weeks	1- passive FF to 120 2- passive ER to 30 3- decreased pain and swelling
<b>6-8 weeks</b>	Remove sling at 6 weeks	1-advance active assist ROM to full active ROM 2- No manipulation	Same as above	Full ROM
<b>8-12 weeks</b>	No sling	Full ROM	1- Begin RTC band strengthening program 2- no weights 3- no lifting/pushing/pulling greater than 3 lbs	Full active ROM with normal scapula-humeral rhythm
<b>12-16 weeks</b>	No sling	Full ROM	1-Begin resistance strengthening	1- full strength
<b>16 weeks +</b>	No sling	Full ROM	1-Advance resistance strengthening 2-Begin Isokinetics 3-Emphasize eccentric strengthening	1- ability to perform push-ups, pull-ups, sport-specific movements
<i>Patients will typically follow up post-operatively in clinic with Dr. Bollier at 2,4, 10, and 24 weeks.</i>				

**Specific Recommendations /Restrictions /Goals:**

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