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Labral Repair

Recovery Timeline

Week 1-4 Post-Surgery

- Wear sling day and night for 4 weeks (see sling education handout)
- We DO NOT recommend that you drive while required to wear your sling
- See your Physical Therapist 2 days after surgery for instructions on home exercises
- Perform exercise program given by PT
- Use ice or Game Ready device for pain and inflammation
- 1 week follow up with M.D. and sutures removed

Week 3 Resume Physical Therapy sessions 1-3x/week

- You will perform gentle Range of Motion (ROM) exercises with your PT and at home
- You may ride a stationary bike

Week 4

- Discontinue using sling at home. You will continue to use sling while in public for 2 more weeks
- 4-5 weeks after surgery you will have a follow-up appointment with your M.D.

Week 6-8

- Progress active and passive range of motion of your shoulder
- You will begin resistive exercises for your shoulder and back
- You and your therapist should emphasize correct mechanics with shoulder movement



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Weeks 8-12

- You will resume functional activities including reaching and lifting light weight
- Progress pain free strengthening of your shoulder

Weeks 12-20

- 3-month follow-up with M.D.
- You may resume running if permitted by your surgeon
- Include plyometrics exercises (i.e. chest pass, overhead pass)
- Progress functional and sport specific activities

6 months

- May resume shoulder intensive activities, overhead sport activities, contact sports
- 6-month follow-up with M.D