

DR. YACOBUCCI'S ANTERIOR OR POSTERIOR LABRAL REPAIR POST-OP PROTOCOL:

- Immed. Post-op:** Patient discharged with shoulder immobilizer to be **worn at all times for 6 weeks** except: bathing, changing shirts, home exercises and P.T. Keep surgical incisions **dry at all times for 2 weeks**. Begin home exercises right away per your home exercise instruction sheet.
- Post-op 2 Weeks:** Begin P.T.: Therapist to begin **PASSIVE ROM** in ALL planes. Avoid Traction Mobilization of the joint until 12 weeks post-op. Modalities as needed.
- Post-op 4 Weeks:** Begin Isometric Strengthening.
- Post-op 6 Weeks:** Discontinue the shoulder immobilizer. Begin Isotonic Strengthening.
- Post-op 12 Weeks:** Discontinue Physical Therapy. Continue shoulder exercises at home. Gradually resume full activity except contact sports and throwing.
- Post-op 24 Weeks:** Contact sports allowed. Return to throwing.

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