

SUPERIOR LABRUM REPAIR

Immediate post-op care

DAY 2: Remove bandages and replace with band aids (over the steri-strips)

Showering: Do not get incisions wet for the first 4 days

Pain medications: Take as prescribed

PHASE 1 – Week 2-3

SLING: 2 weeks AT ALL TIMES, INCLUDING SLEEP

Physical therapy: NONE

NO DRIVING while in the sling.

AVOID ALL ANTI-INFLAMMATORY MEDICATIONS FOR 6 WEEKS SUCH AS: ALEVE, MOTRIN, IBUPROFEN, ADVIL, ASPIRIN (Unless prescribed for cardiac reasons)

PHASE 2- Week 3-6

Physical therapy: Active and active assistive motion/ gentle Stretching.

NO LIFTING ANYTHING HEAVIER THAN ONE POUND.

Begin to use your arm for activities of daily living

Bathing

Eating

Shaking hands

Driving

PHASE 3- Week 6-12

Physical therapy: Begin light strengthening with therapist

No lifting anything heavier than 2 pounds---gradually increase

weight as you progress though therapy.

PHASE 4- Week 12 +

Continue strengthening with therapist
Gradually return to normal activity