Labral Repair Surgery Rehabilitation

From .......... / .......... / ........

- You don’t need to wear your sling in the shower
- Begin doing pendulum exercises

Pendulum Exercise
You can see a video demonstration at http://tinyurl.com/pendulumexercise

1. Lean forward and hang your arm
2. Swing your arm in a gentle circle, building towards a 30 centimeter diameter.

You can do this once or twice per day for approximately 30 seconds, e.g. shower time and dressing.

- Still wear main sling at other times.

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Physiotherapy
Wean off your sling over a 3 day period and start physio on .......... / .......... / ........

Guidelines
- Initially work on posture, scapula control, range of motion.
- Don’t force movements and avoid rapid or uncontrolled movements.
- Normalise patterns of use for activities of daily living.
- Don’t lift more than 2 kilograms initially.
- Light theraband inner-range strengthening when 70% range of motion is re-established (usually around 8 weeks post-surgery).
- Usually gym-based strengthening can commence approximately 10 weeks post surgery.
- Proprioception and sport-specific rehabilitation once sufficient strength is regained. For throwing athletes, light throwing drills 4 months from surgery.
- Generally the earliest return to risky activities is 5 or more months post surgery.
- Overall improvement will continue to for 12 – 18 months after surgery.

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Return to Work Guidelines
Often the initial return to work is part-time hours and modified duties, gradually building up.

- **Sedentary work with arm in sling**: 10 – 14 days
- **Light two-handed desk height duties and driving**: 4 – 5 weeks
- **Medium lifting below eye level**: 10 weeks
- **Heavy work**: may be around 4 months (depending on progress)