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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 cool therapy device for pain and inflammation
- 1 week follow up with MD and sutures removed

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

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

Week 4

- 5 weeks after surgery you will have a follow-up appointment with your MD

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

Weeks 8-12

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- 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 MD
- You may resume running at 4-5 months
- Plyometric exercises (i.e. chest pass, overhead pass) at approximately 4 months
- Progress functional and sport specific activities

6 months

- May resume shoulder intensive activities, overhead sport activities, contact sports if cleared by your MD
- 6-month follow-up with MD