



**Xinning Li, M.D.**



EXCEPTIONAL CARE. WITHOUT EXCEPTION.

**Assistant Professor  
Sports Medicine and Shoulder Surgery  
Boston University School of Medicine – Boston Medical Center  
Boston University Athletics – Team Physician  
725 Albany Street – 4<sup>th</sup> Floor  
Boston, MA 02118  
(617) 638-5633 (Telephone – Shapiro Office)  
(617) 638-3400 (Telephone – Ryan Center)  
(617) 414-5226 (Fax)  
[www.xinningli.com](http://www.xinningli.com)**

**Patient Name:**

**Date:**

**Diagnosis:** S/P (LEFT / RIGHT) SHOULDER LABRAL REPAIR (ANTERIOR / POSTERIOR / SUPERIOR)

**ARTHROSCOPIC STABILIZATION REHABILITATION FRAMEWORK / PHYSICAL THERAPY  
PRESCRIPTION**

**PHASE I (0-4 WEEKS POST-OP) :**

- Elevation (In Scapular Plane) to \_\_\_\_\_ deg, External Rotation to \_\_\_\_\_ deg
- Elbow Active/Active-Assisted ROM: Flexion and Extension
- Protect Anterior Capsule from stretch. Horizontal ABD to Scapular plane
- Deltoid isometrics
- Hand, Wrist, Gripping exercises
- Modalities, Cryocuff / Ice, prn

**PHASE II (4-6 WEEKS POST-OP) :**

- At 4-6 weeks Passive ROM : pulley for Flexion, Pendulum exercises
- Pool exercises: Active/Active-Assisted ROM Flexion, Extension, Horizontal ADD,  
Elbow Flexion and Extension
- Deltoid isometrics
- Lightly resisted Elbow Flexion
- Continue with Wrist exercises
- Modalities as needed
- Discontinue sling @ 4-6 weeks

**PHASE III (6-12 WEEKS POST-OP) :**

- At 6-10 weeks, gradual Active/Active-Assisted/Passive ROM to improve ER with arm at side
- Progress Flexion to 160 degrees
- At 10-12 weeks, gradual Active/Active-Assisted/Passive ROM to improve ER with arm in 45 degrees ABD
- Pool exercises: Active ROM in all directions below Horizontal, light resisted motions in all planes
- AROM activities to restore Flexion, IR Horizontal ADD
- Deltoid, Rotator Cuff isometrics progressing to isotonic

- \_\_\_ PRE's for Scapular muscles, Latissimus, Biceps, and Triceps
- \_\_\_ PRE's working Rotators in isolation (use modified neutral)
- \_\_\_ Joint mobilization (posterior glides)
- \_\_\_ Emphasize posterior cuff, Latissimus, and Scapular muscle strengthening, stressing eccentrics
- \_\_\_ Incorporate rhythmic Scapular stabilization exercises with goal to improve Scapular control
- \_\_\_ Utilize exercise arcs that protect anterior capsule from stress during PRE's
- \_\_\_ KEEP ALL STRENGTH EXERCISES BELOW THE HORIZONTAL PLANE IN THIS PHASE

**PHASE IV (12-16 WEEKS POST-OP) :**

- \_\_\_ Active ROM activities to restore full ROM
- \_\_\_ Restore scapulohumeral rhythm , Incorporate rhythmic stabilization exercises
- \_\_\_ Joint mobilization
- \_\_\_ Aggressive scapular stabilization and eccentric strengthening program
- \_\_\_ PRE's for all upper quarter musculature (begin to integrate upper extremity patterns)
  - \_\_\_ Continue to emphasize eccentrics and glenohumeral stabilization
  - \_\_\_ All PRE's are below the horizontal plane for non-throwers
- \_\_\_ Begin isokinetics
- \_\_\_ Begin muscle endurance activities (UBE)
- \_\_\_ Continue with agility exercises
- \_\_\_ Advanced functional exercises
- \_\_\_ Isokinetic test
- \_\_\_ Functional test assessment
- \_\_\_ Full return to sporting activities

**ADDITIONAL INFORMATION / INSTRUCTIONS:**

\* Please send progress notes.

**Physician's Signature:** \_\_\_\_\_

**Xinning Li, M.D.**  
**Assistant Professor**  
**Boston University School of Medicine**  
**Attending Orthopaedic Surgeon**