



Rehabilitation prescription for:

label

AUCKLAND BONE AND JOINT SURGERY

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Dr. Boyle's Arthroscopic Shoulder Anterior Labral Repair Plus Capsulorrhaphy Rehabilitation Protocol

Diagnosis:

Surgery:

Surgery date:

	WEEK										MONTH			
	1	2	3	4	5	6	7	8	9	10	3	4	5	6
PHASE 1 EXERCISES PROM														
Pendulums		•	•	•	•	•	•	•						
Forward Elevation 0 to 90			•	•	•									
Full Forward Elevation						•	•	•	•	•	•	•	•	•
External Rotation 0 to 30			•	•										
External Rotation 0 to 45					•	•	•	•	•	•				
Full External Rotation											•	•	•	•
Internal Rotation to Abdomen			•	•	•	•								
Full Internal Rotation							•	•	•	•	•	•	•	•
PHASE 2 EXERCISES AROM														
Aquatic Therapy (submerged phase 1 exercises)				•	•	•	•	•	•	•				
Forward Elevation - Supine						•	•	•	•	•	•	•	•	•
Forward Elevation - Standing								•	•	•	•	•	•	•
External Rotation 0 to 30						•	•	•						
External Rotation 0 to 45									•	•	•			
Full External Rotation												•	•	•
Full Internal Rotation									•	•	•	•	•	•
PHASE 3 STRENGTHENING EXERCISES														
External Rotation to Neutral								•	•	•	•	•	•	•
Internal Rotation								•	•	•	•	•	•	•
Forward Punch								•	•	•	•	•	•	•
Seated Rows								•	•	•	•	•	•	•
Shrugs						•	•	•	•	•	•	•	•	•
Bicep Curls								•	•	•	•	•	•	•
PHASE 4 RETURN TO HIGH LEVEL ACTIVITIES														
Golf												•	•	•
Tennis/Cricket													•	•
Rugby/Netball/Soccer														•

*Wean from sling 4-8 weeks post-op

*Keep hands within eyesight, minimise overhead movements

*No military press, pulldowns behind neck, or wide grip bench until Dr. Boyle advises

Additional Instructions:

Dr. Matthew J. Boyle, BSc, MBChB, FRACS

Date: