



## AUCKLAND BONE AND JOINT SURGERY

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Rehabilitation prescription for:

label

### Dr. Boyle's Arthroscopic Shoulder Posterior Labral Repair Rehabilitation Protocol

Diagnosis:

Surgery:

Surgery date:

	WEEK										MONTH			
	1	2	3	4	5	6	7	8	9	10	3	4	5	6
<b>PHASE 1 EXERCISES PROM, AROM</b>														
Pendulums (with torso leaning 30 degrees forward)	•	•	•	•	•	•	•	•	•	•				
Forward Elevation 0 to 90			•	•	•	•								
Full Forward Elevation							•	•	•	•	•	•	•	•
Internal Rotation ONLY to Neutral (0)			•	•	•	•								
Internal Rotation 0 to 45							•	•	•	•				
Full Internal Rotation											•	•	•	•
Full External Rotation			•	•	•	•	•	•	•	•	•	•	•	•
<b>PHASE 2 EXERCISES AROM</b>														
Pendulums (with torso leaning 30 degrees forward)	•	•	•	•	•	•	•	•	•	•				
Forward Elevation 0 to 90			•	•	•	•								
Full Forward Elevation							•	•	•	•	•	•	•	•
Internal Rotation ONLY to Neutral (0)			•	•	•	•								
Internal Rotation 0 to 45							•	•	•	•				
Full Internal Rotation											•	•	•	•
Full External Rotation			•	•	•	•	•	•	•	•	•	•	•	•
<b>PHASE 3 STRENGTHENING EXERCISES</b>														
External Rotation						•	•	•	•	•	•	•	•	•
Internal Rotation						•	•	•	•	•	•	•	•	•
Abduction, Forward Elev (to 90 ONLY until 3 mo)						•	•	•	•	•				
Forward Punch								•	•	•	•	•	•	•
Seated Rows								•	•	•	•	•	•	•
Shrugs								•	•	•	•	•	•	•
Curls						•	•	•	•	•	•	•	•	•
<b>PHASE 4 RETURN TO HIGH LEVEL ACTIVITIES</b>														
Golf													•	•
Tennis													•	•
Rugby/Soccer/Hockey														•
Cricket/Softball													•	•

\*Keep hands within eyesight, minimise overhead movements

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

#### Additional Instructions:

Matthew J. Boyle, BSc, MBChB, FRACS

Date: