



AUCKLAND BONE AND JOINT SURGERY

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Rehabilitation prescription for:

label

Dr. Boyle's Arthroscopic Shoulder Superior Labral Repair 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								•	•	•	•	•	•	•
Full Internal Rotation			•	•	•	•	•	•	•	•	•	•	•	•
PHASE 2 EXERCISES AROM														
Pendulums	•	•	•	•	•	•	•	•						
Full Forward Elevation							•	•	•	•	•	•	•	•
External Rotation 0 to 30				•	•									
External Rotation 0 to 45						•	•							
Full External Rotation								•	•	•	•	•	•	•
Full Internal Rotation			•	•	•	•	•	•	•	•	•	•	•	•
PHASE 3 STRENGTHENING EXERCISES														
External Rotation							•	•	•	•	•	•	•	•
Internal Rotation						•	•	•	•	•	•	•	•	•
Forward Punch						•	•	•	•	•	•	•	•	•
Seated Rows								•	•	•	•	•	•	•
Shrugs						•	•	•	•	•	•	•	•	•
Curls						•	•	•	•	•	•	•	•	•
PHASE 4 RETURN TO HIGH LEVEL ACTIVITIES														
Golf												•	•	•
Tennis												•	•	•
Rugby/Soccer/Hockey													•	•
Cricket/softball												•	•	•

* Keep hands within eyesight, minimize 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: