



Amit Momaya, MD

Orthopedic Surgeon, Chief of Sports Medicine
Team Physician for UAB, Legion FC, and Bulls Hockey
Highlands Appointments: 205.930.8339
MomayaMD.com

PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Posterior labral repair and subscapularis tenodesis (for reverse hills sachs lesion)

Sling for 6 weeks

Phase 1 - (PASSIVE)

Week 0-3

Range of motion: none

Week 3-6

Supine external rotation: gradually increase to 30 deg

Supine forward elevation: gradually increase to full in scapular plane

Phase 2 - (ACTIVE) Pendulums to warm-up.

Active Range of Motion with passive stretch to prescribed limits

Week 6-10

Supine to start → Seated Forward Elevation – progress to full

Supine to start → Seated External Rotation – gradually increase to full

Internal Rotation – slowly increase to full by week 12

Phase 3 - (RESISTED) Pendulums to warm up and continue with phase 2

Week 11

External and Internal Rotation

Standing forward punch

Seated rows/shoulder shrugs

Gradually keep increasing IR to full by week 12

Weight Training

Week 12

Avoid posterior capsular stress. Do not lock arms out in forward bench press.

Keep hands in eyesight, keep elbows bent, no long lever arms.

Minimize overhead activities.

No military press, pull-down behind head, or wide grip bench

Return to Activity

Computer: Early weeks

Golf: 12 weeks (chip and putt only)

Tennis: 16 weeks (no overhead)

Throwing Intervals: 16 weeks

Contact Sports: 6 months