



## ORTHOPEDIC SURGERY

Philip A. Deffer, MD  
Jason C. Hough, DO  
John A. Leupold, MD  
Christopher J. Rierson, DO  
Seth W. Harrer, MD  
Andrew G. Pick, DO

## PODIATRY

Timothy D. Blankers, DPM  
Jesse R. Wolfe, DPM

## CLINIC LOCATIONS

Spencer  
Storm Lake  
Spirit Lake  
Estherville  
Emmetsburg  
Pocahontas  
Cherokee  
Primghar  
Sibley  
Algona

## OFFICE LOCATIONS

1200 1st Ave. E., Suite C  
Spencer, IA 51301  
Phone: 712-262-7511  
800-248-4049  
Fax: 712-262-3658

1525 West 5th St., Pod C  
Storm Lake, IA 50588  
Phone: 712-213-8050  
Fax: 712-213-8015

2301 HWY 71, Suite E  
Spirit Lake, IA 51360  
Phone: 712-336-8708  
Fax: 712-336-8115

[www.nwiabone.com](http://www.nwiabone.com)

# Labrum Scope Repair Rehab Protocol

## Weeks 1-3

- Immobilization in brace/immobilizer
- Elbow/wrist/hand AROM exercises
- Shoulder shrugs/neck ROM
- Shoulder isometrics in immobilizer
- Begin gentle Codman exercises during week two
- Begin PROM during week 2 / do not force external rotation or abduction

## Weeks 3-6

- May switch to sling
- Continue isometrics and Codman's
- May begin isometrics with Thera-bands
- Begin gentle AAROM during week 3 (pulleys, cane, etc)
- Continue with PROM

## Weeks 6-12

- D/C sling
- Begin AROM
- Progress into gentle PRE's for shoulder girdle and rotator cuff w/ light Thera-band
- Neuromuscular re-education activities / wall push-ups / planks
- Full pain free ROM by week 8

## 3 Months

- Thera-Band and dumbbell exercises
- When isokinetic testing indicates adequate strength and endurance (90%), a gentle throwing program can be initiated

## 4-5 Months

- Progress to full throwing and overhead weight lifting program
- Return to non-contact sports when strength and flexibility are WNL and when functional rehab has been addressed

## 6 Months

- Return to contact sports

**EXCEPTIONAL. DEPENDABLE. LOCAL. ORTHOPEDICS.**