

Shoulder Labral Repair

Dr. McCormick

What to Expect After Shoulder Labral Repair

Activity Restrictions

first 6 weeks you may use your hand for writing and typing

You may drive when out of sling – usually at 6 weeks post surgery - you must be able to react quickly so try it in an empty parking lot if unsure.

Surgical site care

keep your initial dressing dry

it is normal to notice some drainage/discoloration of the dressing

remove dressing after 3 days and apply nexcare bandages

you may shower with the island dressings on but do not scrub the area

Pain management

Rest wear the sling for 6 weeks

remove the sling 3 times per day to:

move your hand, wrist and elbow to keep these from getting stiff

start shoulder pendulum exercises after first therapy visit

the sutures holding your repaired ligaments are not strong enough to withstand the force of normal use

Ice 30 minutes per hour – remember to keep something between the cold pack/ice and your skin to avoid frostbite

Take pain medications as prescribed. If you have a reaction to the medications then call the office at 715.858.4650

pain medicine can cause constipation; use stool softeners or laxatives as needed

Follow-up clinic visit

usually at 2 weeks after surgery

we will check your surgical site, review arthroscopic pictures and answer any questions you may have

When to call the office

reactions to medications

dressing discoloration spot greater than 4"

suspected surgical site infection (redness, increasing pain, cloudy drainage, foul odor)

Recovery Objectives

0-6 weeks control pain, maintain some mobility through pendulum exercises

6-12 weeks regain range of motion in front of your body

>12 weeks regain full range of motion including external rotation

start strengthening with Physical Therapy

return to sport when equal strength and equal range of motion

www.mccormickortho.com for more information more educational videos and postoperative protocols