



Surgical Repair



Pain



Inflammation

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**EARLY PHASE OF REHAB AFTER  
LABRAL INJURY/**SURGERY** IN  
THROWING ATHLETES**

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Range Of Motion



Strength



Cardiovascular

# O-6 WEEKS PRESENTED BY



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Minor League Physical Therapist*



Surgical Repair



Pain



Inflammation

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# PRIORITY

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Range Of Motion



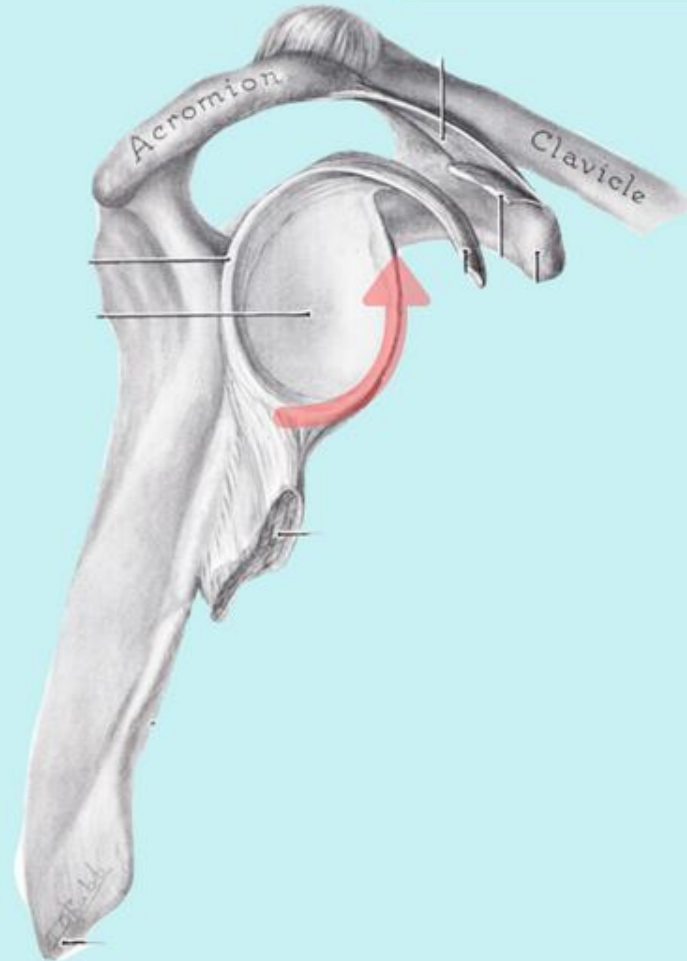
Strength



Cardiovascular



# SURGICAL REPAIR

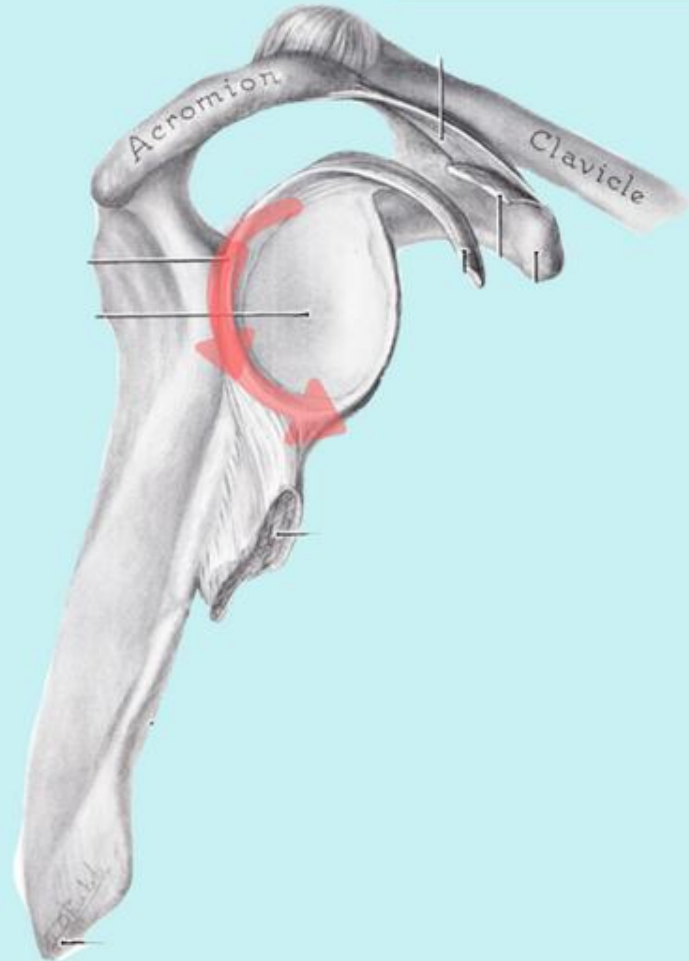


## Anterior Bankart Repair

- Avoid Extension/  
Horizontal ABduction  
weeks 0-3
- ROM to tolerance in all  
ranges 6-weeks post  
surgical repair



# SURGICAL REPAIR

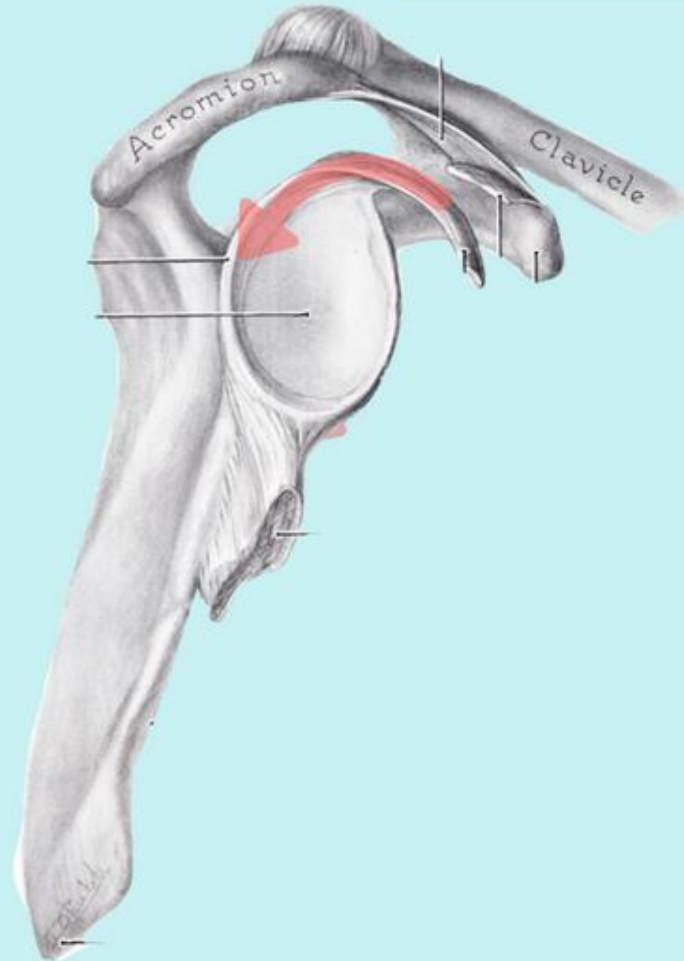


## Posterior Labral Repair

- Avoid Horizontal ADDduction weeks 0-3
- ROM to tolerance in all ranges 6-weeks post surgical repair



# SURGICAL REPAIR



## SLAP Repair

- Avoid isolated biceps contraction weeks 0-3
- Light isotonic biceps strengthening weeks 4+
- Full ROM 6-weeks post surgical repair



# PAIN

## Manual Therapy



- Verbal presentation
- Non-verbal presentation



## Medication

- Manage muscle guarding



## Isometric Activity

- Analgesic effects
- Not just a form is triphasic strength



# PAIN

## Isometric Activity & Pain

- Generalized pain inhibitory response
- 2-3 minutes
- 40-50% MVC
- "During long duration static muscle contraction, active motor units eventually become fatigued and higher threshold motor units become increasingly recruited to maintain a required force"







# INFLAMMATION

## Manual Therapy

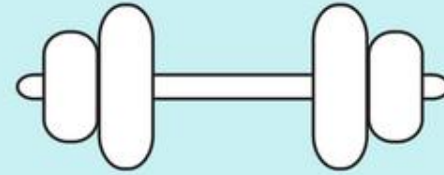


- Lymphatic flow



## Modalities

- Marc Pro



## Distal Activity

- Gripping for time
- Concentric work for time



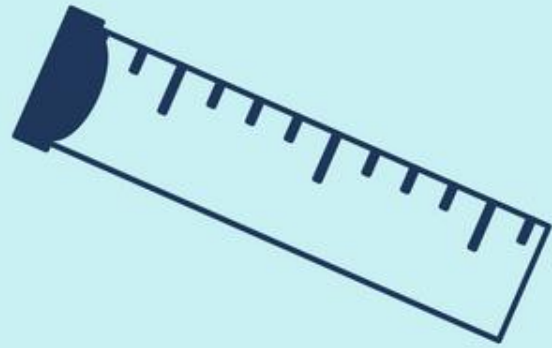
# INFLAMMATION

## Lymphatic Return



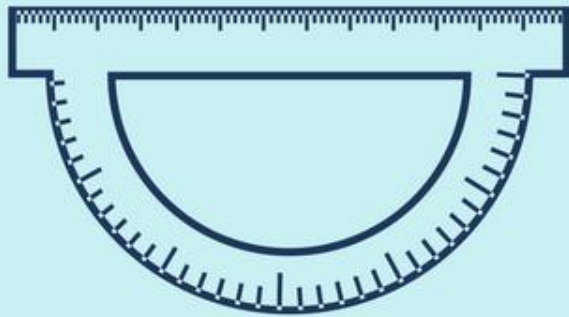
- 1) Increase body temperature
- 2) Isometric Muscle Contraction
- 3) Retrograde Effleurage
- 4) Distal Extremity Exercise
- 5) Marc-Pro

# RANGE OF MOTION



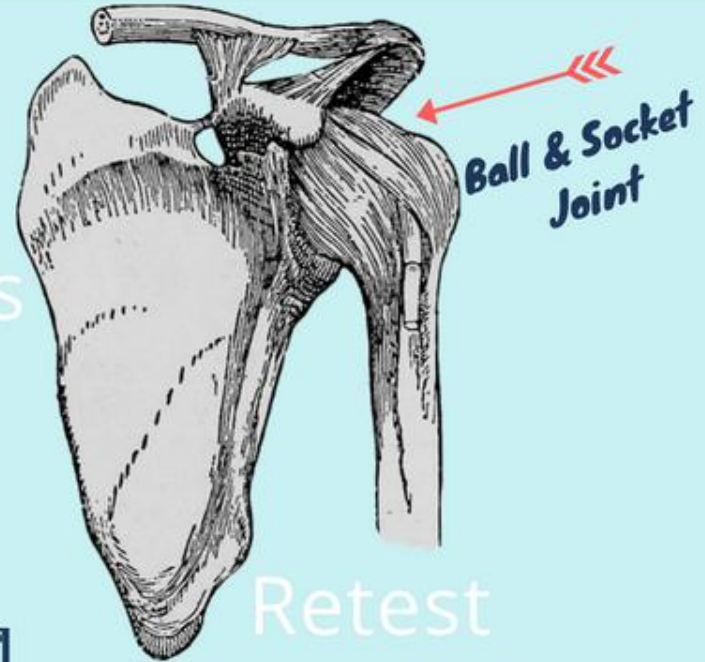
## Assess PROM

- Every plane matters
- Assess to impress
- Communication



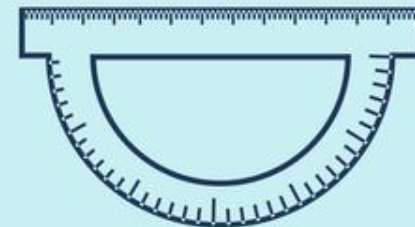
## Restrictions

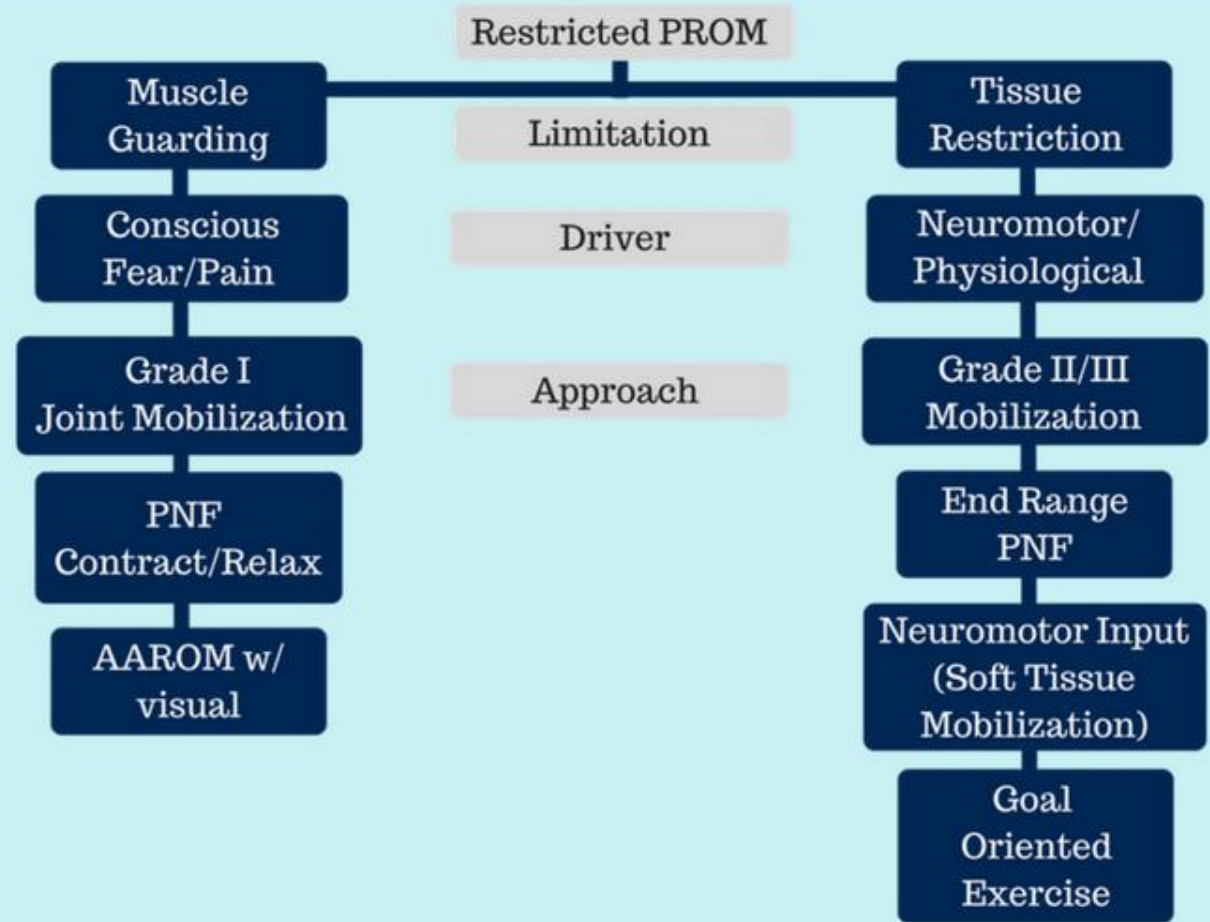
- "Tissue"
- Pain
- End-Feel



## Retest

- Create Value







# STRENGTH

## Considerations

Education

Contralateral  
Limb



Scapulothoracic  
Thoracoscapular

Lower Extremity  
Strength

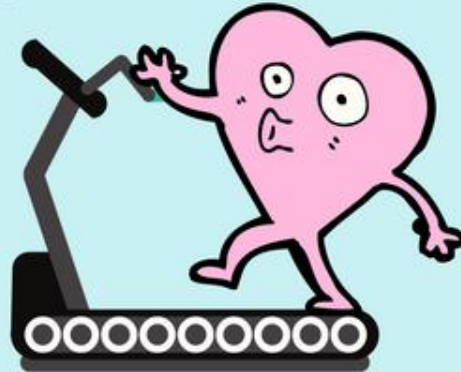
Trunk Stabilization



# CARDIO- VASCULAR

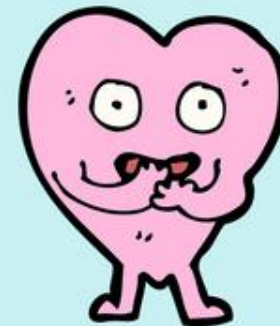
## General Cardio Preparation

- HR 125-150 bpm
- Slow steady state  
aerobics
- 20-30 min

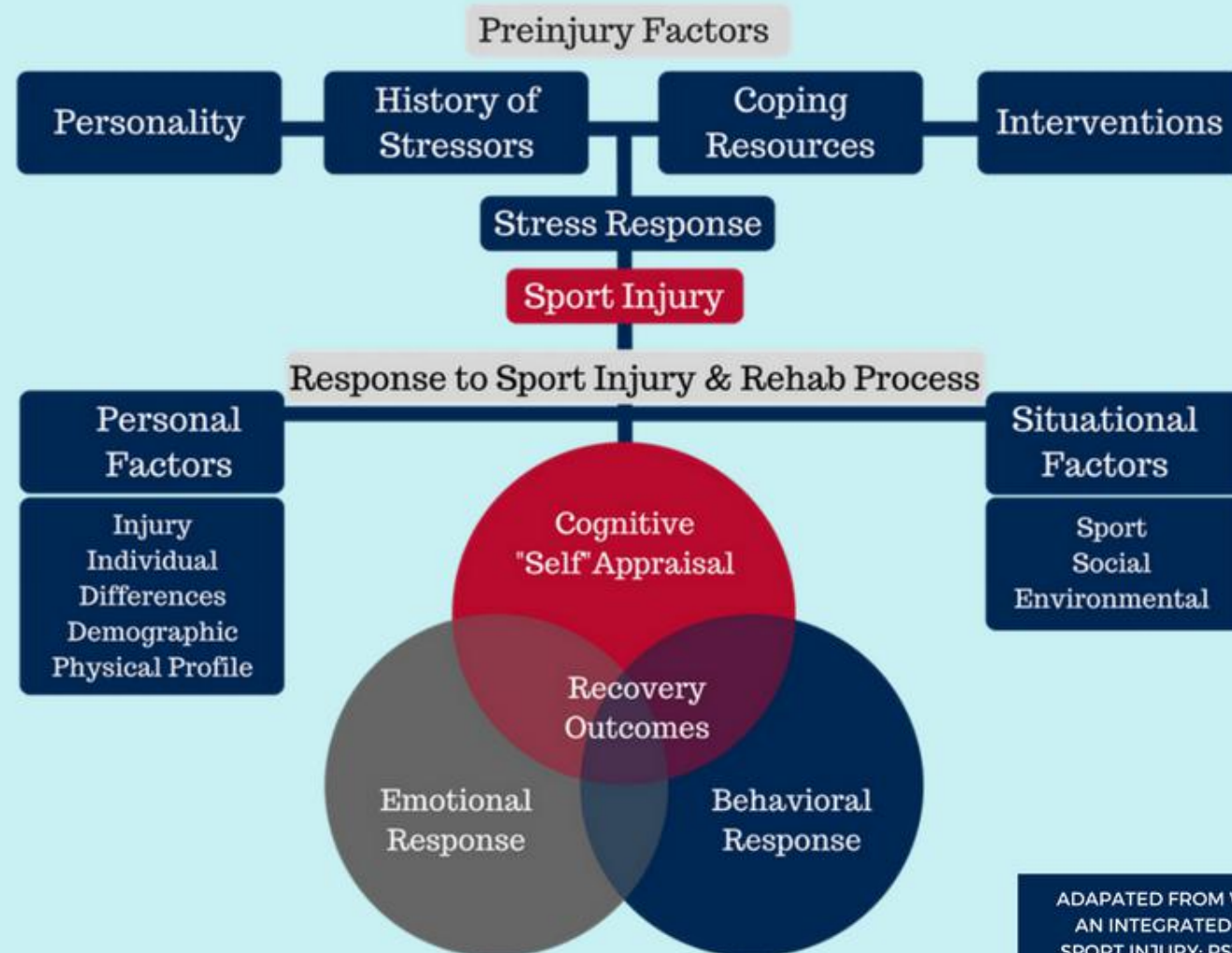


## Variation

- Treadmill
- Stationary Bike
- Closed chain LE activity



# WHO'S SHOULDER?



ADAPATED FROM WIESE-BJORNSTAL, D ET AL.  
AN INTEGRATED MODEL OF RESPONSE TO  
SPORT INJURY: PSYCHOLOGICAL AND SOCIAL  
DYNAMICS. J APPL SPORT PSYCHOL 1998; 10(1):49

"Positive mindset from you  
and your PT is a huge part  
of getting back better than  
you ever been."

-JP



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**THANK YOU!**

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