

	LABRAL REPAIR	TOMMY JOHN
Joint	Shoulder	Elbow
Symptoms	Dull ache, loss of velocity, poor location	Pain, "pop" when throwing
Surgery	Either through scope or open surgery	Open surgery
Total Rehab Time	10-14 months	8-9 months
Start Light Throwing At?	3-4 months	4-5 months
Success Rate	abt 33% still report pain	74-98% return to pitch