

**Isolated Labral Repair
Physical Therapy Protocol
Dr. Allan Hunt**

Phase I 0-6 Weeks

Educate the patient on self-care/hygiene, supporting shoulder with sling/abductor support, warning signs including fever, erythema and excessive/unrelenting pain

Week 1 Ice 3-5 times per day for 15 minutes each

May eat, type, write, brush teeth with sling in place

Sling on at all times with abductor pillow for full 4 weeks

Codman's exercises 3-5 times per day for 10-15 minutes each- *flexion and extension plane only*

AROM elbow, wrist and hand, scapular squeezes

AAROM IR behind back may begin following 1st post-op visit

Ice and NSAIDs after physical therapy and exercises

****No active or passive abduction, extension or external rotation for full 6 weeks****

Phase II 6-12 Weeks

Recheck with surgeon at 6-8 weeks

Start PROM/AROM all planes

Joint mobilization all planes PRN

Encourage home exercise program

Free weight rotator cuff strengthening all planes (No Theraband)

Phase III 12 weeks to discharge

Progress to more active strengthening, power and endurance to patient's tolerance

Capsular stretching

Full AROM, progressing to full scapular and glenohumeral strength in all planes