

Labral Repair Protocol

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PHASE I (WEEK 0 – 4) IMMEDIATE POST SURGICAL PHASE

Goals

- Maintain integrity of repair
- Decrease pain and inflammation
- Prevent muscular inhibition

Precautions

- No lifting
- No supporting body weight with hands/arms
- No sudden jerking movements
- Go slow with ER ROM

Sling

- Worn at all times except bathing

PHASE II (WEEK 4 – 8) PROTECTION PHASE

Goals

- Allow healing of soft tissue
- Do not overstress healing tissue
- Gradually improve PROM
- Re-establish dynamic shoulder stability
- Decrease pain and inflammation

Week 4-6

- Continue use of ice as needed
- May use heat prior to ROM
- Isometrics and rhythmic stabilizations
- Continue use of sling until end of week 6 (Dr. Arthur discretion)
- Gradually improve PROM
 - Flex to 90 degrees
 - Abduction to 60 degrees
 - ER at side to 30 degrees
 - Rate of progression based on evaluation of patient
- Initiate AAROM and stretching exercises (supine with therapist supporting arm)

- Gradually work into abduction

Week 6-8

- May use heat prior to exercises
- Gradually progress to full PROM
- Full active forward elevation week 8
- Continue AAROM and stretching exercises
- Initiate AROM exercises
 - Exercise tubing
- Continue progressing IR/ER as tolerated
- Gentle capsular self stretches

PHASE III (WEEK 8 – 14) INTERMEDIATE/STRENGTHENING PHASE**Goals**

- Maintain full ROM
- Dynamic shoulder stability
- Gradual restoration of shoulder strength and power
- Gradual return to functional activities