



Isolated Labral Repair Physical Therapy Protocol

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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