



Anterior and Posterior Labral Repair
Traumatic or Congenital Instability

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- **Phase I – Immediate Post Surgical Phase (Week 0-2/4)**
- Will typically delay formal therapy approximately 2-4 weeks depending on surgical factors
 - Goals:
 - Maintain integrity of repair
 - Decrease pain and inflammation
 - Prevent muscular inhibition
 - Cryotherapy for pain/inflammation
 - Ice 15-20 minutes every hour
 - Sling
 - Worn at all times except bathing
 - Precautions
 - No lifting
 - No supporting body weight with hands/arms
 - No sudden, jerking movements
 - Go slow with ER ROM

- **Phase II – Protection Phase (Week 2/4-6)**
- Goals
 - Allow healing of soft tissue
 - Do not overstress healing tissue
 - Gradually improve PROM
 - Re-establish dynamic shoulder stability
 - Decrease pain and inflammation

- Week 2/4-6
 - Continue use of ice as needed
 - May use heat prior to ROM exercises
 - Isometrics and rhythmic stabilizations
 - Continue use of sling until end of week 6 (Dr. Hess 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 6-7
 - May use heat prior to exercises
 - Gradually progress to full PROM (Week 6-8)
 - Continue AAROM and stretching exercises
 - Initiate AROM exercises
 - Exercise tubing
 - Continue progressing IR/ER as tolerated
 - Gentle capsular self stretches
- **Phase III – Intermediate Phase (Week 7-14)**
 - Goals
 - Full AROM (Week 10)
 - Restore/Maintain full PROM
 - Dynamic shoulder stability
 - Improve neuromuscular control
 - Continue stretching and PROM as needed to maintain ROM
 - Continue dynamic stabilization
 - Continue above exercises
 - Flexion to tolerance
 - ER to 70 degrees at side and 90 degrees abduction (progressive)
 - Isotonic strengthening
 - Progress ROM to functional demands (i.e. Overhead athlete)
- **Phase IV –Strengthening Phase (Week 14-24)**
 - Goals
 - Maintain full ROM
 - Enhance functional use of limb
 - Improve shoulder strength and power
 - Gradual return to functional activities
 - Criteria to progress to Phase IV
 - Full, non-painful ROM
 - Satisfactory stability
 - Satisfactory muscle strength
 - Minimal pain/tenderness
 - Initiate Return to Throwing program in overhead athletes

- Continue capsular stretching exercises
- Light plyometrics
- Begin return to sport programs (about week 20)

- Phase V –Return to Activity Phase (Week 24+)
 - Goals
 - Gradual return to strenuous work activities
 - Gradual return to sports activities
 - Criteria to progress to Phase V
 - Full functional ROM
 - Satisfactory shoulder stability
 - No pain/tenderness
 - Gradually progress sport activities to unrestricted participation