

## TJ Ridley, MD

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### Shoulder Anterior Labral Repair Rehabilitation Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
<b>Phase 1 (week 0-2)</b> Goals: <ul style="list-style-type: none"> <li>Pain free passive range of motion to limits listed</li> </ul>	<ul style="list-style-type: none"> <li>Ultra-sling use full time x 4 weeks</li> </ul>	<ul style="list-style-type: none"> <li>Passive FF to 120 deg</li> <li>Passive motion in scapular plane to 120 deg</li> <li>Passive ER to 30 deg at side</li> <li>Passive ABD to 90 deg</li> <li>No Biceps AROM x2 weeks</li> <li>IR to belt line x 4 weeks</li> </ul>	<ul style="list-style-type: none"> <li>Scapular retraction</li> <li>Stationary bike x 30 mins</li> <li>Easy walking on level surface x 30 mins</li> <li>Wrist and grip strength only</li> <li>IFC and ice x 20 mins</li> </ul>
<b>Phase 2 (week 3-4)</b> Goals: <ul style="list-style-type: none"> <li>Passive ROM to limits above</li> <li>DO NOT EXCEED 45 degrees of ER at side</li> </ul>	<ul style="list-style-type: none"> <li>Ultra-sling use full time x 4 weeks</li> </ul>	<ul style="list-style-type: none"> <li>Continue PROM:               <ul style="list-style-type: none"> <li>FF to 150 deg</li> <li>Scapular plane to 150 deg</li> <li>ABD to 100 deg</li> <li>ER to 45 deg</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Pendulums</li> <li>Aerobic: same as above but progress to 45-60 mins</li> <li>Start gentle isometric exercises for extension, ER, IR, ABD</li> <li>Start scapula proprioceptive neuromuscular facilitation</li> </ul>
<b>Phase 3 (week 5-6)</b> Goals: <ul style="list-style-type: none"> <li>ROM as above</li> </ul>	<ul style="list-style-type: none"> <li>Sling use day time only</li> </ul>	<ul style="list-style-type: none"> <li>Begin Active ROM:               <ul style="list-style-type: none"> <li>Forward flexion to 160 deg</li> <li>Scapular plane to 160 deg</li> <li>ABD to 140 deg</li> <li>ER to 45 deg at side</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Aerobic: start treadmill</li> <li>Start rotator cuff strengthening in scapula plane to include IR and ER at low angles</li> <li>Deltoid isometrics</li> <li>Shoulder pinches/shrugs</li> </ul>

<p><b>Phase 4 (week 7-12)</b> Goals:</p> <ul style="list-style-type: none"> <li>• Full ROM</li> <li>• Normal scapulothoracic motion</li> </ul>	<ul style="list-style-type: none"> <li>• Wean from sling as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• Full PROM and AROM</li> <li>• Work on more ER &amp; IR with shoulder in ABD</li> </ul>	<ul style="list-style-type: none"> <li>• Aerobic: elliptical, incline treadmill, UBE</li> <li>• Strength: Start progressive resisted theraband exercises in various planes</li> <li>• Begin open chain proprioception and strengthening exercises</li> <li>• Start body blade at neutral position</li> </ul>
<p><b>Phase 5 (week 13-16)</b> Goals:</p> <ul style="list-style-type: none"> <li>• Restore strength</li> <li>• Sport specific exercises</li> </ul>	<ul style="list-style-type: none"> <li>• No sling use</li> </ul>	<ul style="list-style-type: none"> <li>• Continue full A/PROM in all directions</li> <li>• Joint mobilization grades 3 or 4</li> </ul>	<ul style="list-style-type: none"> <li>• Aerobic: Versaclimber, stairmaster</li> <li>• Diagonal rotator cuff exercises</li> <li>• External and internal rotation at 90 degrees with cable</li> <li>• Push-up progression</li> <li>• Military press, Lat pulldowns</li> <li>• Plyometric exercises</li> <li>• Progress body blade (in 90 deg forward flexion, ABD and diagonal)</li> </ul>
<p><b>Phase 6 ( &gt;17 weeks)</b> Goals:</p> <ul style="list-style-type: none"> <li>• Strength and Endurance</li> <li>• Return to play</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>• Strength and stabilization</li> <li>• Start throwing progression</li> <li>• Swimming progression at 21 weeks</li> <li>• Return to non-contact play between 4-5 months <ul style="list-style-type: none"> <li>○ 5-6 months for contact sports</li> </ul> </li> </ul>