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Shoulder Anterior Labral Repair Rehabilitation Protocol

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

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