

Labral Repair

Physical Therapy Protocol

STAGE 1 Initial Post-Operative

Post-Operative 1 - 3 Weeks

- Do not start physical therapy until instructed to.
- Sling during the day and at night.
- Swelling and pain management.
- Elbow and hand range of motion.

Post-Operative 3 - 4 Weeks

- Continue hand and elbow range of motion.
- Passive and gentle active assisted range of motion as tolerated.
- By the end of week 4
 - Flexion, abduction 60°-75°.
 - External rotation in scapular plane 15°-20°.
 - Internal rotation in scapular plane 30°-40°.

Shoulder isometrics (sub-maximal - pain free) for flexion, internal rotation and adduction.

- Cryotherapy and modalities as indicated.
- No motion above shoulder height.
- No active external rotation, extension or abduction.

Post-Operative 5 - 6 Weeks

- Discontinue sling during the day, continue sling at night.
- Passive and gentle active assisted range of motion.
- By the end of week 5
 - Flexion 90°
 - Abduction to 90°
 - External rotation in scapular plane 30°
 - Internal rotation in scapular plane 30°
- Shoulder isometrics (sub-maximal - pain free) for all planes.
- Light tubing ER IR with arm at side.
- UBE for range of motion only.
- Cryotherapy and modalities as indicated.
- No motion above shoulder height.

Post-Operative 5 - 6 Weeks

- Sleeping in sling until end of week 6.
- Continue passive and gentle active range of motion.
- By end of week 6
 - Flexion 135° - 140°
 - Abduction to 140°
 - External rotation at 90° abduction 45°
 - Internal rotation in scapular plane 45 degrees
- May start stretching exercises.
- Initiate scapular stabilization exercises.
- Proceed to range of motion for all shoulder motion.
- Can do pool therapy (no swimming).

Post-Operative 6 - 7 Weeks

- Active warm up on UBE.
- Passive and active assistive range of motion.
- By end of week 7
 - Flexion 170° - 180°
 - Abduction to 170° - 180°
 - External rotation at 90° abduction 60° - 75°
 - Internal rotation at 90° abduction 65° - 70°
- Initiate rotator cuff strengthening exercises.

STAGE 2 Moderate Protection

Post-Operative 7 - 8 weeks

- Active warm up on UBE.
- Passive and active assistive range of motion.
- By end of week 8.
 - External rotation at 90° abduction 90°
 - Internal rotation at 90° abduction 80°
 - Horizontal adduction 45° - 50°
- Initiate resistance to rotator cuff program.

Post-Operative 11 - 12 Weeks

- Active warm up on UBE.
- Passive and active assistive range of motion.
- By end of week 12.
 - External rotation at 90° abduction 115° - 120°
- if overhead thrower
- Continue with all previous stretching.
- Progress to more aggressive strengthening.
- Initiate golf swing motion.
- Initiate light swimming.

STAGE 3 Minimal Protection

Post-Operative 14 - 18 weeks

- Active warm up on UBE.
- Continue with all previous stretches and flexibility.
- Full rotator cuff program.
- PNF manual resistance.
 - PNF rhythmic stabilization drills
- Endurance training. Initiate plyometric drills.
- Two handed drills progressing to one handed.
- Initiate dry swinging bat: Hit off tee at week 16.

Post-Operative 18 - 21 Weeks

- Active warm up on UBE.
- Continue with all previous stretches and flexibility.
- Continue with all previous strengthening.
- Initiate interval throwing program.

STAGE 4 Return to Activity

Post-Operative 21 - 23 weeks

- Continue with all previous stretches and strengthening.
- Progress interval throwing to throwing off the mound.
- Progress to unrestricted sports participation at 23 Weeks post-op.
- Continue with rotator cuff strengthening.