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ORTHOPEDIC SURGERY AND SPORTS MEDICINE

Shoulder Labral Repair Physical Therapy Protocol

Phase I

Immediate Post-op Phase “protect motion” (Day 1-week 6)

Goals:

- Protect the anatomic repair
- Prevent/minimize the side effects of immobilization
- Promote dynamic stability
- Diminish pain & inflammation

Post-op Day #1 to week 2:

- Sling for 4 weeks
- Sleep in sling for 4 weeks
- Wrist hand AROM/AAROM
- Hand-gripping exercises

PROM/AAROM:

- o Flexion & elevation in the plane of the scapula to 60 degrees (week 2, flexion to 75 degrees)
- o ER/IR with arm in scapular plane
 - ER to 10-15 degrees
 - IR to 45 degrees
- No AROM ER, extension or abduction
- Submaximal isometrics for all rotator cuff, periscapular, & shoulder musculature
- No isolated biceps contractions (i.e. no active elbow flexion)
- Cryotherapy, modalities as indicated

Weeks 3-4:

- Discontinue use of sling at 4 weeks
- Continue gentle PROM/AAROM exercises (Rate of progression based on patient's tolerance)
 - o Flexion & elevation in the plane of the scapula to 90 degrees o Abduction to 75-85 degrees
 - o ER in scapular plane to 25-30 degrees
 - o IR in scapular plane to 55-60 degrees
- No AROM ER, extension or elevation
- Initiated rhythmic stabilization drills within above ROM
- Initiated proprioceptive training within above ROM
- Progress isometrics as above
- Continue use of cryotherapy

Weeks 5-6:

- Begin AROM of shoulder (all planes, gravity eliminated positions then gravity resisted position once adequate mechanics):
- Gradually improve PROM & AROM
 - o Flexion & elevation in the plane of the scapula to 145 degrees
 - o Abduction to 145 degrees
 - o ER 45-50 degrees at 45 degrees abduction
 - o IR 55-60 degrees at 45 degrees abduction
 - o Extension to tolerance
- May initiate gentle stretching exercises
- Gentle PNF manual resistance
- Initiate prone exercise program for periscapular musculature
- Begin AROM elbow flexion & extension
- No biceps strengthening

Phase II-Intermediate Phase-Mod Protection Phase (Weeks 7-14):**Goals:**

- Gradually restore full AROM & PROM (week 10)
- Preserve the integrity of the surgical repair
- Restore muscular strength & balance

Weeks 7-10:

- Gradually progress P/AROM:
 - o Flexion, elevation in the plane of the scapula & abduction to 180 degrees
 - o ER 90-95 degrees at 90 degrees abduction
 - o IR 70-75 degree at 90 degrees
 - o Extension to tolerance
- Begin isotonic rotator cuff, periscapular & shoulder strengthening program
- Continue PNF strengthening
- Initiate "Thrower's Ten" program except resisted biceps exercise
- Type II repairs: begin sub maximal pain free biceps isometrics
- Type IV & complex repairs: continue AROM elbow flexion & extension, no biceps isometrics or isotonic strengthening

Weeks 10-12:

- Progress ER P/AROM to thrower's motion
 - o ER 110-115 at 90 degrees abduction in throwers (weeks 10-12)
- Progress shoulder isotonic strengthening exercises as above
- Continue all stretching exercises as need to maintain ROM.
- Progress ROM to functional demands (i.e. overhead athlete)

Criteria for Progression to Phase III

- Full non painful ROM
- Good Stability
- Muscular strength 4/5 or better
- No pain or tenderness

Phase III: Minimal Protection Phase (Weeks 12-20):

Goals:

- Establish & maintain full ROM
- Improve muscular strength, power & endurance
- Gradually initiate functional exercises

Weeks 12-16:

- Continue all stretching exercises (capsular stretches)
- Maintain thrower's motion (especially ER)
- Continue rotator cuff, periscapular & shoulder strengthening exercises
- Type II repairs; progress isotonic biceps strengthening as appropriate
- Type IV & complex repairs: progress to isotonic biceps strengthening as appropriate
- "Thrower's Ten" program with biceps exercise or fundamental exercises
- PNF manual resistance
- Endurance training
- Initiate light plyometric program
- Restricted sports activities (light swimming, hale golf swings)

Weeks 16-20:

- Continue all exercises listed above
- Continue all stretching
- Continue "Thrower's Ten" program
- Continue plyometric program
- Initiate interval sport program (e.g. throwing) See interval throwing program

Criteria for Progression to Phase IV

- Full no painful ROM
- Satisfactory static stability
- Muscular strength 75-80% of contralateral side
- No pain or tenderness

Phase IV-Advanced Strengthening Phase (Weeks 20-26):

Goals:

Goals:

- Gradually progress sport activities to unrestrictive participation
- Continue stretching & strengthening program
- In many cases return to sport can take 9 months (especially for throwers)