



# JOINT PRESERVATION INSTITUTE

## **Shoulder Labral Repair Rehabilitation Protocol**

Labral repairs are limited by the inherent limitation of soft-tissue healing to bone. The full recovery from these procedures occurs after 6-9 months.

Avoid activities that lead to sustained pain.

### **Phase I- Immediate Post Surgical Phase (Protected Motion- Days 1 to Week 6)**

#### 0-4 weeks

Pain Control.

No Passive ROM with PT, pendulum exercises only. No active or active assisted activation.

NO ACTIVE ELBOW FLEXION OR SHOULDER ELEVATION, ABDUCTION, EXTERNAL ROTATION, EXTENSION.

#### 4-5 weeks

Sling off

Very gentle active assisted ROM and passive ROM, no resistance.

Gentle (20% of maximum strength) isometric shoulder rotation exercises with elbow by side

Proprioceptive training

Scapular mobilization

ROM limited to abduction of 85 degrees, ER in 30 degrees, IR in 60 degrees (both with elbow at the side).

#### 5-6 weeks

Start Active ROM all planes, initially with gravity eliminated.

Gentle (20% of maximum strength) isometric shoulder rotation exercises with elbow by side

Proprioceptive training

ROM limited to abduction of 145 degrees, Flexion to 145 degrees, ER in 45 degrees, IR in 45 degrees in position of 45 degree of abduction.

Scapular mobilization

Periscapular strengthening. AROM of elbow flexion and extension. **NO BICEPS STRENGTHENING.**

## **Phase II- Intermediate Phase-Moderate Protection Phase (Weeks 7-14)**

Goals

1. Restore full AROM and PROM
2. Protect Surgical Repair
3. Restore muscular strength and balance.

Weeks 7-9

Progress AROM/ PROM Flexion/Abduction to 180 degrees., ER to 90 degrees in 90 deg of abduction  
IR to 75 degrees in 90 degrees of abduction.

Begin isotonic rotator cuff, periscapular and shoulder strengthening program.

Weeks 10-12

Progress AROM/PROM to 115 degrees ER in 90 degrees of abduction.

**For Type II, Type IV, and complex repairs, begin gentle submaximal pain free biceps isometrics for the first time.**

## **Phase III- Minimal Protection Phase (Weeks 14-20)**

Resume activities of daily living

Restricted sports activities. Rotator cuff, periscapular, and shoulder strengthening.