

Post-operative Arthroscopic Labral Repair Rehabilitation Protocol

Phase I (Weeks 1-3)

- Goals: Let the repair heal
- Wear your sling at all times for the first 6 weeks, including while sleeping. Take off only for showering
- Pendulums
- Exercises: Active and passive ranges of motion of the neck, elbow, wrist, and hand 4-5 times per day.

Phase II (Weeks 4-7)

- Goal: Regain range of motion
- Wear the sling for the first 6 weeks, including sleeping. Take off only for showering
- Exercises: Continue Phase I exercises. May progress under guidance of therapist.
 - Week 4: Start PROM to 90° forward flexion, IR to posterior belt line, ER with arm adducted at side to 0°.
 - Week 5: PROM to full forward flexion, full IR, and ER(arm adducted at side) to 30°.
 - Weeks 6-7: Start active assist range of motion with wall climbs, wand, and pulleys. Progress to AROM against gravity. Scapular strengthening. Posterior capsular stretching and joint mobilization. Forearm strengthening.

Phase III (Weeks 8-12)

- Goal: Strengthening
- Exercises: AAROM, scapular strengthening, wall climbs, pulleys
 - Weeks 8-10: Advance to an isometric strengthening program focusing on internal rotation, external rotation, forward flexion, abduction, and extension exercises. Low rows with tubing, stopping at plane of body. Rows at 90° forward flexion, stopping at plane of scapula.
 - Weeks 10-12: Start elastic resistance: ER/IR with elbow at side of body, forward punch, seated row, shoulder shrug, biceps curls, lat pulls, and triceps extensions.

Phase IV (Weeks 12-16)

- Goal: Return to function
- Exercises: Continue to perform home exercises daily for range of motion and strengthening.
 - Start wall pushups and may progress to floor pushups as tolerated. Progress to free weight strengthening (low weight, high repetition). Arm cycling/ergometer.

Phase V (Weeks 16+)

- Goal: Return to activities/sports
- Activities: May perform activities as tolerated.
- Exercises: Begin low intensity sports specific activities, initiate throwing program (for throwers with Brandon Young), total body conditioning.

Expect return to contact/throwing sports at 4-6 months