

# Shoulder Anterior Labral Repair Rehabilitation Protocol

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PHASE	RANGE OF MOTION	SLING	THERAPEUTIC EXERCISES
0-14 days	<p><b>No Shoulder motion</b></p> <p>Gentle active assisted Elbow motion</p> <p>Full wrist and hand motion</p>	Worn at all times	Follow home exercise program provided. Codman dangles ok.
<p><b>PHASE I</b></p> <p>2-4 weeks</p>	<p>Restrict motion to 90° FF</p> <p>10° ER at side ONLY</p> <p>IR to stomach</p> <p>45° ABD</p> <p>No cross arm ADD</p> <p>PROM to AAROM to AROM as tolerated</p>	Worn at all times	Isometrics in the sling
<p><b>PHASE II</b></p> <p>4-8 weeks</p>	<p>Increase AROM</p> <p>160° FF</p> <p>45° ER at side</p> <p>160° ABD</p> <p>IR behind back to waist</p> <p>Cross body ADD at 6wk</p>	<p>Wean off starting at 4. Off at night and around home first, then when out in public.</p>	<p>Strengthening (isometrics/light bands) within AROM limitations, horizontal abduction exercises</p> <p>Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc)</p>

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<p><b>PHASE III</b> 8-12 weeks</p>	<p>If ROM lacking, increase to full with gentle passive stretching at end ranges</p>	<p>None</p>	<p>Advance strengthening as tolerated: isometrics to bands to light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers</p>
<p><b>PHASE IV</b> 3-12 months</p>	<p>Should have full ROM, if still lacking continue with gentle passive stretching at end ranges</p>	<p>None</p>	<ul style="list-style-type: none"> <li>• Only do strengthening 3x/week to avoid rotator cuff tendonitis</li> <li>• Begin UE ergometer</li> <li>• Begin sports related rehab at 3 months, including advanced conditioning</li> <li>• Begin eccentrically resisted motions, plyometric (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.</li> <li>• Return to throwing at 4 ½ months</li> <li>• Throw from pitcher's mound at 6 months</li> <li>• MMI is usually at 12 months</li> </ul>