

POST-OP REHABILITATION GUIDELINES: ARTHROSCOPIC LABRAL REPAIR

0-4 Weeks	• Sling Immobilization • Protect anterior/posterior capsule from stretch, but begin passive ROM only POD 10-14 • Supine Forward Elevation in scapular plane to 90° • External Rotation with arm at side to 30°. • Grip Strength, Elbow/Wrist/Hand ROM • Begin Deltoid/Cuff Isometrics • May remove sling for shower but maintain arm in sling position
4-8 Weeks	• Discontinue Sling at 4-6 weeks as tolerated • Advance to AAROM and AROM (Limit FF to 140°, ER at side to 40°) • Begin with gravity eliminated motion (supine) and progress. Do not force ROM with substitution patterns. • Continue Isometric exercises • Progress deltoid isometrics • ER/IR (submaximal) with arm at side • Begin strengthening scapular stabilizers
8-12 Weeks	• Advance to full, painless ROM. Gentle stretching at end ROM • Initiate ER in 45° Abduction at 10-12 weeks • Full AROM all directions below horizontal with light resistance • Deltoid/Cuff progress to Isotonics • All strengthening exercises below horizontal
3-12 Months	• Initiate when pain-free symmetric AROM. Progress as tolerated • Only do strengthening 3x/week to avoid rotator cuff tendonitis • Restore scapulohumeral rhythm. • Joint mobilization. • Aggressive scapular stabilization and eccentric strengthening program. • Initiate isotonic shoulder strengthening exercises including: side lying ER, prone arm raises at 0, 90, 120 degrees, elevation in the plane of the scapula with IR and ER, lat pulldown close grip, and prone ER. • PRE's for all upper quarter musculature (begin to integrate upper extremity patterns). Continue to emphasize eccentrics and glenohumeral stabilization.