



Shoulder Labral Repair

Post-Operative Rehabilitation Protocol

0-4 weeks

- Shoulder abduction sling x 4 weeks, taken off only for exercises or hygiene
- Active ROM Elbow, Wrist and Hand
- Pendulums
- Grip Strength
- Codman's exercises

4-6 weeks

- Discontinue sling use at 4 weeks
- Begin Passive →AAROM →AROM
- Restrict FF to 90 degrees, ER at side to tolerance
- IR to stomach, No cross body adduction
- No Manipulations per therapist
- Begin cuff isometrics with the arm at the side
- Deltoid/Scapular ER/IR (submaximal) with arm at side
- Begin strengthening scapular stabilizers

6-12 weeks

- Increase ROM to within 20 degrees of opposite side
- No manipulations per Therapist
- Encourage patient to work on ROM daily
- Continue Isometrics
- Once FF to 140 degrees, advance strengthening as tolerated:
 - Isometric → bands and light weights (1-5lbs); 8-12 reps/2-3 set per rotator cuff, deltoid and scapular stabilizer
- Only do strengthening 3x/week to avoid rotator cuff tendonitis

3-12 months

- Advance to full pain-free ROM as tolerated with passive stretching at end ranges
- Begin eccentrically resisted motions, plyometrics (ex-weighted ball toss), proprioception (ex-body blade), and closed chain exercises at 12 weeks.
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing at 4.5 months
- Throw from pitcher's mound at 6 months

Shoulder Abduction Sling

Sling on at all times x 4 weeks, taken off only for exercises and hygiene

ROM Restrictions

Week 0-4
PROM progress as tolerated
Week 4-6
Begin AAROM progress to AROM



Exercise	Week													
	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Initial Exercises:														
Active ROM: Elbow, Wrist, & Hand	█													
Pendulums	█													
Supine Elevation in Scapular Plane (140°)	█													
Scapular Stabilization	█													
Deltoid Isometric in Neutral	█													
Passive ROM	█													
Pulley/Cane Exercises							█							
Sling Discontinuation					█									
Advanced Exercises:	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Begin Active ROM				█										
Cuff Isometrics				█										
Light Stretching at End Ranges						█								
Upper Body Ergometer						█								
Eccentrically Resisted Motions/Plyometrics											█			
Sports Related Rehab													█	
Cardiovascular Exercises:	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike	█													
Elliptical Trainer						█								
Rowing											█			
Stair stepper						█								
Agility Exercises:	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running Progression											█			
Functional Sports Test												█		
High Level Activities:	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf Progression														█
Return to Throwing														█
Return to Throwing from the Pitcher's Mound at 6 months														█
Return to Full/Collision Sport at 6-9 months post-op														█

Adapted from post-operative protocol created by Howard Head Physical Therapy, Jill Monson, PT, OCS and Jon Schoenecker, PT, OCS, CSCS