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ORTHOPEDIC SURGERY AND SPORTS MEDICINE

## **Arthroscopic Shoulder Labral Repair**

### **Phase I**

#### **Immediate Post-op Phase (Day 1-week 6)**

##### **Goals:**

- Protect the anatomic repair
- Promote dynamic stability
- Diminish pain & inflammation

##### **Post-op Day #1 to week 2:**

- Sling: wean as pain allows. No lifting.
- Hand-gripping exercises

##### **PROM/AAROM:**

- Submaximal isometrics for all rotator cuff, periscapular, & shoulder musculature
- No isolated biceps contractions (i.e. no active elbow flexion)
- Cryotherapy, modalities as indicated
- May start AROM as pain allows. Gentle only. Only pain free AROM. Slow progression.

##### **Weeks 3-4:**

- No sling required
- Continue gentle PROM/AAROM exercises (Rate of progression based on patient's tolerance)
- May continue to advance AROM as pain allows.
- Initiated rhythmic stabilization drills within above ROM
- Initiated proprioceptive training within above ROM
- Progress isometrics as above
- Continue use of cryotherapy

##### **Weeks 5-6:**

- Gradually improve PROM & AROM
- May initiate gentle stretching exercises
- Gentle PNF manual resistance
- Initiate prone exercise program for periscapular musculature
- Begin AROM elbow flexion & extension
- No biceps strengthening

## **Phase II Intermediate Phase-(Weeks 7-14):**

**Goals:**

- Gradually restore full AROM & PROM (week 10)
- Preserve the integrity of the surgical repair
- Restore muscular strength & balance

**Weeks 7-10:**

- Gradually progress P/AROM:
- Initiate “Thrower’s Ten” program except resisted biceps exercise

**Weeks 10-12:**

- Progress ER P?AROM to thrower’s motion
- ER 110-115 at 90 degrees abduction in throwers (weeks 10-12)
- Progress shoulder isotonic strengthening exercises as above
- Continue all stretching exercises as need to maintain ROM.
- Progress ROM to functional demands (i.e. overhead athlete)

- Criteria for Progression to Phase III
- Full non painful ROM
- Good Stability
- Muscular strength 4/5 or better
- No pain or tenderness

## **Phase III: Minimal Protection Phase (Weeks 12-20):**

**Goals:**

- Establish & maintain full ROM
- Improve muscular strength, power & endurance
- Gradually initiate functional exercises

**Weeks 12-16:**

- Continue all stretching exercises (capsular stretches)
- Maintain thrower’s motion (especially ER)
- Continue rotator cuff, periscapular & shoulder strengthening exercises
- Type II repairs; progress isotonic biceps strengthening as appropriate
- Type IV & complex repairs: progress to isotonic biceps strengthening as appropriate
- “Thrower’s Ten” program with biceps exercise or fundamental exercises
- PNF manual resistance
- Endurance training
- Initiate light plyometric program
- Restricted sports activities (light swimming, hale golf swings)

**Weeks 16-20:**

- Continue all exercises listed above
- Continue all stretching
- Continue “Thrower’s Ten” program
- Continue plyometric program
- Initiate interval sport program (e.g. throwing) See interval throwing program

**Criteria for Progression to Phase IV**

- Full no painful ROM
- Satisfactory static stability
- Muscular strength 75-80% of contralateral side

- No pain or tenderness

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## **Phase IV-Advanced Strengthening Phase (Weeks 20-26): Goals:**

### Goals:

- Gradually progress sport activities to unrestricted participation
- Continue stretching & strengthening program
- In many cases return to sport can take 9 months (especially for throwers)