

Anterior Labrum Repair REHAB Protocol

Phase I – Immediate post surgical phase (Day 1-21)

Goals:

1. Protect healing repair
2. Decreased pain and swelling
3. Gradually improve PROM was inset limits
4. Enhance scapular function

Precautions:

Remain in sling, only removing for showering and elbow/wrist ROM

Patient educations regarding avoidance of abduction/ER activity to avoid anterior inferior capsule stress

No PROM/AROM of shoulder

No lifting of objects with operative shoulder

Keep incisions clean and dry

Weeks 1-3

1. Sling on at all times except where indicated above
2. PROM/AROM of elbow, wrist and hand only
3. Normalize scapular position, mobility and stability
4. Ball squeezes
5. Sleep with sling
6. Shower with arm held at your side
7. Cryotherapy for pain and inflammation
8. Patient education: posture, joint protection, positioning, hygiene
9. Begin isometrics week 3

Phase II – Protection phase (Weeks 4 and 5)

Goals:

1. Gradually restore PROM of shoulder
2. Do not overstress healing tissues

Precautions:

Follow surgeon specific PROM restrictions - primarily for external rotation

No shoulder AROM or lifting

Criteria for progression to the next phase:

Full flexion and internal rotation PROM

PROM 30° of external rotation at the side

Can begin gentle external rotation stretching in the 90/90 position

Weeks 4-5

1. Continue use of sling
2. PROM (gentle) unless otherwise noted by surgeon
 - Full flexion and elevation in the plane of the scapula
 - Full internal rotation
 - External rotation to 30° at 20° of abduction, to 30° at 90° abduction
3. Pendulums
4. Submaximal pain-free rotator cuff isometrics in neutral
5. Cryotherapy as needed
6. Continue all precautions and joint protection

Phase III – Intermediate phase/AROM (Weeks 6 and 7)

Goals:

1. Continue to gradually increase PROM full AROM
2. Independent ADLs
3. Enhance strength and endurance

Precautions:

Wean from sling

No aggressive range of motion/stretching

No lifting with affected arm

No strengthening activities that placed a large amount of stress across the anterior aspect of the shoulder in an abducted position with external rotation (no pushups, pectoralis flys, ETC)