

ARTHROSCOPIC LABRAL REPAIR

I. Phase I – Immediate Postoperative Phase (Weeks 0 – 6)

Days 0-14

Patient is seen 2 days post-operative to remove surgical dressings and pain catheter. Showering is allowed once dressings and catheter is removed. The patient is seen 2-3x/week for supervised rehab. MD visits at 2 weeks, and 6 weeks.

Rehabilitation Goals:

- Protect the anatomic repair
- Early motion of shoulder, elbow, wrist, and hand
 - At least 90 deg. Flexion, and 45 deg. ER at 2 weeks post-op
- Decrease postoperative pain and swelling

Brace Use: During the first 2 weeks, the patient wears sling/bolster 24 hrs/day except when in PT, showering, or performing exercises at home.

Modalities: Cryotherapy, interferential stimulation for pain control

Exercises

1. Passive and gentle Active Assistive ROM exercises (NO PULLEYS)
 - Flexion and Abduction (within patients tolerance)
 - IR & ER in scapular plane (within patients tolerance)
2. Hand grip with putty or tennis ball
3. AROM: elbow flexion-extension, forearm pronation-supination
4. AROM: cervical spine
5. Submaximal isometric shoulder exercises in all planes
6. Initiate rhythmic stabilization drills (Week 2)
7. No isolated biceps contractions
8. Continuous Passive Motion Machine (CPM) if ordered by MD

Week 3 – 4:

Brace Use: Brace is typically discontinued at 2 weeks by MD.

Modalities: Ice, electric stimulation for pain control

Exercises:

1. Continue ROM exercises (PROM & AAROM)
 - Flexion, Abduction, ER, IR, all within patients tolerance
2. Initiate proprioception training
3. Rhythmic stabilization
4. Isometric shoulder exercises all planes
5. PRE's for elbow and wrist
6. Tubing IR and ER at 0 deg. Abduction
7. Cardio: Stationary cycling

Weeks 5 – 6:**Exercises:**

1. Continue ROM – passive stretching and self stretches
2. May initiate Light Strengthening Program: SL ER, Manual Resistance IR & ER
3. Continue tubing IR & ER with arm at side
4. PNF manual resistance
5. Initiate Active Shoulder Flexion, Scaption, and Abduction without resistance
6. Initiate Prone Rowing, Prone Horizontal Abduction

II. Phase II – Intermediate Phase: Moderate Protection Phase (Week 7 – 12)

The patient is seen usually 2 days/week for supervised rehab and performs home program 3x/week. MD visit at 12 weeks.

Goals:

- Restore full range of shoulder motion
- Improve shoulder dynamic stability
- Improve shoulder proprioception

Weeks 7 – 8:**Exercises:**

1. Continue with stretching to achieve full ROM by week 8
2. May begin light isotonic exercises: Flexion, Full Can, Bicep Curls, Tricep Extensions, Prone Ex's, Ceiling Punches, Tubing IR & ER at 0 & 90 Deg. Abd.
3. Continue PNF strengthening with manual resistance and tubing
4. Initiate two-handed plyometrics
5. Cardio: stationary cycling, elliptical trainer, deep water running with vest

Weeks 9 – 12:

Exercises:

1. May initiate more aggressive strengthening: Push-ups(progression), Shoulder Press, Bench Press (protected range), Lat Pulldowns(in front only), single arm plyometrics
 2. Progress ER to Throwers Motion
 - ER at 90 deg. Abduction: 110 – 115 in Throwers (Week 10 – 12)
 3. Progress strengthening exercises
 4. Continue all stretching exercise
 5. Cardio: May begin running at 10 – 12 weeks
- **Progress ROM to functional demands of sport or work****

III. Phase III – Minimal Protection Phase (Week 13-20)

Goals: Establish and maintain full ROM
Improve Muscular Strength, Power, and Endurance
Gradually initiate functional activities

Week 13 – 20:

Exercises:

1. Stretching to maintain ROM for overhead activity
2. Continue all isotonic exercises, weights and tubing
3. Continue plyometric program
4. Initiate Interval Sport/Work Program (throwing, work simulation)

IV. Phase IV – Return to Activity Phase (Month 4 – 6)

Patient is seen by MD at 4, 5, and 6 months.

Goals: Enhance muscular strength, power, and endurance
Progress functional activities
Maintain shoulder mobility
Gradual return to sport or work activities

4 – 6 Months:

Exercises:

1. Continue all flexibility and strengthening exercises
2. Progress Interval sport or work conditioning programs

3. Gradually progress to sport or work activities to unrestrictive participation

