

Post-operative Rehabilitation Protocol

Anterior Shoulder Stabilization (Labrum repair)

General Guidelines	<ul style="list-style-type: none"> - Supervised physical therapy typically takes place for 3-6 months after surgery - You will be wearing sling full time for minimum 6 weeks - Avoid jogging or running until 10-12 weeks after surgery - Contact therapist or physician for questions or concerns 		
	Range of Motion	Immobilizer	Exercises
Protection Phase <i>Weeks 0 - 2</i>	Ok for pendulum swings when block wears off Elbow/wrist motion as tolerated	Sling w/ abduction pillow at all times, except for hygiene	<u>Ice</u> : 20 minutes on, 20 minutes off every hour <u>Exercises</u> : Pendulums and grip strengthening
Therapy Phase 1 <i>Weeks 2 - 6</i>	Wks 2-4: PROM and AAROM including Forward elevation to 90°, ER to neutral with arm at side Wks 4-6: FF to 120°, ER to 20° with arm at side, ABD to 90° No combined ABD-ER	Sling w/ abduction pillow at all times, except for hygiene	<u>Exercises</u> : Continue pendulums, begin gentle isometrics at week 2, but no ER/IR <u>Modalities</u> : Per therapist – E-stim, Ultrasound, heat (before), ice (after)
Therapy Phase 2 <i>Weeks 6 - 12</i>	Progress FF as tolerated Begin AROM in all planes Initiate ER in 45° ABD at 10-12 weeks	Discontinue sling	<u>Exercises</u> : Progress Phase 1 exercises. Begin resisted isometrics (No IR) Weeks 8+: Slowly progress to restricted exercises with bands. All strengthening below horizontal
Therapy Phase 3 <i>Weeks 12-20</i>	Initiate strengthening phase when achieve pain-free, symmetric ROM	None	<u>Exercises</u> : Slowly progress strengthening phase. Advanced isotonics. Initiate plyometrics (2-handed drills). i.e. chest pass. Scapular stabilization and eccentric strengthening Wks 16-20: Begin overhead exercises, light toss
Therapy Phase 4 <i>Weeks 20+ Return to Sport</i>	Full, painless ROM	None	<u>Exercises</u> : Progress functional activities toward return to sport. Isokinetic testing Functional assessment → Return to sport