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Anterior and Posterior Labrum Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks) Goals: <ul style="list-style-type: none">• Pain control• Hand/elbow function• Decrease swelling	Abduction sling at all times	<ul style="list-style-type: none">• Passive ROM restrictions: 30 ER, 60 Abduction, 90 FE, IR to belly x 3 weeks• Cervical, wrist, hand ROM Modalities: <ul style="list-style-type: none">• Ice• Compression• Edema control	<ul style="list-style-type: none">• Neck, elbow, wrist ROM• Scapular retraction and depression
Phase 2 (2-6 weeks) Goals: <ul style="list-style-type: none">• Pain control• Increase passive ROM	Abduction sling at all times until 6 weeks	<ul style="list-style-type: none">• Passive ROM restrictions starting week 4: ER to 45 x 3 weeks, abduction 120 x 3 weeks, FE to 120 x 3 weeks, full IR• Begin active assist starting week 5: scaption & FE. NO active ER or extension Modalities: <ul style="list-style-type: none">• Gentle Massage• Cryotherapy• Stim as needed	<ul style="list-style-type: none">• Continue neck, elbow, hand ROM• Initiate Pendulums• Continue scapular retraction exercises <p>Avoid active FE if SLAP repair</p>

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<p>Phase 3 (6-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">● Begin full PROM● Progress to ARO<● (full FE, ABD, ER, IR to belt)	<p>Wean out of sling after Week 6</p> <p>5 pound weightbearing restriction</p>	<ul style="list-style-type: none">● Progress to full PROM week 6● Active assist and AROM, progress to full● Sidelying ER, FE & scaption, Salutes, prone extension and horizontal abd● Open chain proprioception <p>Manual</p> <ul style="list-style-type: none">● Push to get full PROM <p>Modalities:</p> <ul style="list-style-type: none">● Ice/stim PRN	<ul style="list-style-type: none">● Isometrics: internal and external rotation, biceps and triceps● Starting week 8 - Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER● Endurance <u>starting week 8</u>: IR and ER, theraband rows, bicep curls/tricep extension, prone lower trap● Closed chain stability● IF SLAP REPAIR: No biceps loading until week 10
<p>Phase 4 (12-18 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">● Maintain full AROM and PROM● Restore muscle strength/endurance● No pain or tenderness● Gradual initiation of functional activities	<p>Progress from 5 pound restriction</p>	<ul style="list-style-type: none">● Full A/PROM	<ul style="list-style-type: none">● External rotation strengthening at 45 and 90 degrees● Bear hugs● Statue of liberty● Push-up plus progression● <u>Starting week 18</u>: advanced closed chain stability, decelerations and plyometric external rotation

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Phase 5 (18+ weeks) Goals: <ul style="list-style-type: none">● Match strength to contralateral side● Increase muscular power	Restrictions lifted	<ul style="list-style-type: none">● Continue Full A/PROM	<ul style="list-style-type: none">● PNF exercises with resistance● Decelerations and plyometric external rotation● <u>24 weeks</u> - Progress to sport-specific and overhead/throwing activities● Progress to contact sports