



optimorthopedics

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## Complex Shoulder Labral Repair Therapy Protocol

### Phase I – Immediate Postoperative Phase “Restrictive Motion” (Day 1 to Week 6)

- Goals**      Protect the anatomic repair; Prevent negative effects of immobilization (stiffness) ; Promote dynamic stability; Diminish pain and inflammation
- Week 0-2**      **\*\*NO active ER, Extension, or Abduction; NO isolated**  
Submaximal isometrics for shoulder musculature  
Elbow/hand ROM  
Hand gripping exercises  
Passive and gentle active assistive ROM exercise  
IR to 10°-15°  
ER to 10°-15°  
ER/IR with arm in scapular plane  
Elevation in scapular plane to 60°  
Flexion to 60° (Week 2: Flexion to 75°)  
Small abduction/ neutral rotation brace (ultrasling)  
  
Sleep in brace for 6 weeks  
Cryotherapy, modalities as indicated
- Week 2**      Rhythmic stabilization ER/IR multi-angle  
Scapular neuromuscular control drills w/ manual resistance (seated)  
Scapular isometrics
- Week 3-4**      No active ER, Extension or Elevation\*  
Continue isometrics  
Initiate rhythmic stabilization drills  
Initiate proprioception training  
Tubing ER/IR at 0° Abduction\*  
Continue gentle ROM exercises (PROM and AAROM):

**\*\*NOTE:** Rate of progression based on evaluation of the patient.

Flexion to 90°

Abduction to 75°-85°

ER in scapular plane and 35° abd to 25°-30°

IR in scapular plane and 35° abd to 15°-25° degrees

Sleep in immobilizer until Week 4

Discontinue use of brace at 4 weeks

Continue use of cryotherapy

**Week 5-6** May initiate stretching exercises

Gradually improve ROM:

IR at 45° abduction 25°-30°

ER at 45° abduction: 55°-60°

ER at 45° abduction: 45°-50°

Flexion to 145°

At 6 weeks begin light and gradual ER at 90° abduction – progress to 30°-40° ER

May initiate light (easy) ROM at 90° Abduction

NO Biceps Strengthening

Continue tubing ER/IR (arm at side)

PNF manual resistance

Initiate Active Shoulder Abduction (without resistance)

Initiate “Full Can” Exercise (Weight of Arm)

Prone rowing at 30°-45° Abduction

initiate Prone Rowing, Prone Horizontal Abduction at 90° abduction

**Phase II – Intermediate Phase: Moderate Protection**

**Goals:** Gradually restore full PROM (week 10)  
Preserve the integrity of the surgical repair  
Restore muscular strength and balance

**Week 7-9:** Gradually progress ROM:  
Flexion to 180°

ER at 90° abduction: 90°-95°

IR at 90° abduction: 30°-45°

Continue to progress isotonic strengthening program

Continue neuromuscular control drills (RS, NM, etc.)

Initiate Throwers Ten Program

Initiate light biceps curls at week 8

Initiate triceps pushdowns at week 9

**Week 10-**

**12:**

May initiate slightly more aggressive strengthening

Progress ER to Throwers Motion

ER at 90° abduction: 110°-115° in throwers (Week 10-12)

Progress isotonic strengthening exercises

Continue all stretching exercises

\*\*Progress ROM to functional demands (i.e. overhead athlete)

Continue all strengthening exercises

Light bench press week 12 (on machine)

**Criteria to progress to Phase III**

- 1) Full non-painful ROM
- 2) Satisfactory stability
- 3) Muscular strength (good grade or better)
- 4) No pain or tenderness

**III. Phase III – Minimal Protection Phase (Week 14-20)**

**Goals:**

Establish and maintain full ROM

Improve muscular strength, power and endurance Gradually

initiate functional activities

**Week 14-16:** Continue all stretching exercises (capsular stretches)  
Maintain Throwers Motion (Especially ER)  
Continue strengthening exercises:  
-Throwers Ten Program or Fundamental Exercises  
-Endurance training  
-Initiate light plyometric program  
-Restricted sport activities (light swimming, half golf swings)

**Week 16-20:** Continue all exercise listed above  
Continue all stretching  
Continue Throwers Ten Program  
Continue Plyometric Program  
Initiate interval sport program (throwing, etc)  
\*\*See interval Throwing Program  
Initiate PNF D2 flexion/extension week 16  
Initiate non-contact sports

### **Criteria to enter Phase IV:**

- 1) Full non-painful ROM
- 2) Satisfactory static stability
- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness

### **IV. Phase IV – Advanced Strengthening Phase (Week 20-26)**

**Goals:** Enhanced muscular strength, power and endurance  
Progress functional activities  
Maintain shoulder mobility

**Week 20-26:** Continue flexibility exercises  
Continue isotonic strengthening program  
PNF manual resistance patterns  
Plyometric strengthening  
Progress interval sport programs  
\*\* May progress to contact sports (week 20) by physician's determination  
\*\* Collision sports (week 26)

### Criteria to enter Phase V:

- 1) Full functional ROM
- 2) Muscular performance isokinetic (fulfills criteria)
- 3) Satisfactory shoulder stability
- 4) No pain or tenderness

### **V. Phase V – Return to Activity Phase (Month 6 to 9)**

Goals: Gradual return to sport activities Maintain strength, mobility and stability  
Gradually progress sport activities to unrestricted participation  
Continue stretching and strengthening program