

**Arthroscopic Shoulder 360° Labral Repair (Traumatic)****Precautions:**

- Control/Protect excessive motion
- Sling at all times except exercises/shower (including sleeping) for 6 weeks
- Protect arm during sleeping
- Control horizontal adduction motion
- No biceps, pectoral strengthening for 8 weeks

**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:**

- Wear abduction/ neutral rotation brace (ultrasling) at all times except shower and during PT
- Sleep in brace for 6 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
  - Flexion to 60 degrees (Week 2: Flexion to 75 degrees)
  - Elevation in scapular plane to 60 degrees
  - ER/IR with arm in scapular plane
  - ER to 10-15 degrees
  - IR to 10-15 degrees
- \*\*NO active ER or Extension or Abduction
- Submaximal isometrics for shoulder musculature
  - NO isolated Biceps Contractions
- Cryotherapy, modalities as indicated

**Week 2**

- Scapular neuromuscular control drills w/ manual resistance (seated)
- Rhythmic stabilization ER/IR multi-angle
- Scapular isometrics

**Week 3-4:**

- Continue gentle ROM exercises (PROM and AAROM)
  - Flexion to 90 degrees
  - Abduction to 75-85 degrees
  - ER in scapular plane and 35° abd to 25-30 degrees
  - IR in scapular plane and 35° abd to 15-25 degrees
- \*\*NOTE: Rate of progression based on evaluation of the patient.
- No active ER, Extension or Elevation
- Initiate rhythmic stabilization drills
- Initiate proprioception training
- Tubing ER/IR at 0 degrees Abduction
- Continue isometrics
- Continue use of cryotherapy

**Week 5-6:**

- Gradually improve ROM
  - Flexion to 145 degrees
  - ER at 45 degrees abduction: 45-50 degrees
  - ER at 45 degrees abduction: 55-60 degrees
  - IR at 45 degrees abduction 25-30 degrees
- At 6 weeks begin light and gradual ER at 90° abduction – progress to 30-40° ER
- May initiate stretching exercises
- May initiate light (easy) ROM at 90 degrees Abduction
- 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 degrees Abduction
- Initiate Prone Rowing, Prone Horizontal Abduction at 90 degrees abduction
- NO Biceps Strengthening

II. **Phase II – Intermediate Phase: Moderate Protection Phase (Week 7-14)**

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 degrees
  - ER at 90 degrees abduction: 90-95 degrees
  - IR at 90 degrees abduction: 30-45 degrees
- 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 degrees 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)

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

Criteria to enter Phase III:

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

**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

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

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

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

**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)

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

Goals: Gradual return to sport activities  
Maintain strength, mobility and stability

Criteria to enter Phase V:

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

**Exercises:**

- Gradually progress sport activities to unrestrictive participation
- Continue stretching and strengthening program