

Post-op Physical Therapy Protocol for Shoulder Labral Repair

Stage 1:

Week 1-2: Do not remove splint

Hand Pumps: While still in the immobilizer, squeeze foam ball 15 times. Rest for 30 seconds. Repeat this sequence for a total of (3) repetitions. Do this exercise four (4) to five (5) times per day.

Week 2-4 : Start of Formal Physical Therapy at 10 days post-op:

- Assisted External Rotation (in supine) to neutral until 14 days post-op
- At 14 days post-op:
 - Active Assisted and PROM(in supine) for Flexion/Abduction
 - Active Assisted Horizontal External Rotation (in supine)
 - Active Assisted Horizontal Adduction, Abduction, Extension

Pendulum Exercises – Passive

- At 21 days post-op: Isometric Exercises for external rotation, Internal rotation, posterior and middle deltoid.
- After 21 days post-op, assisted horizontal external rotation (in supine), assisted horizontal adduction, abduction, internal rotation, and extension.

Stage 2:

Week 5-10:

- External Rotation ROM – gradually increase envelope of ROM
- Flexion/Abduction ROM – gradually increase envelope of ROM
- Strengthening – can begin at 9 weeks post-op with Theraband exercises.

Stage 3:

Week 10 and >:

- Full ROM is expectation
- Strengthening – Increase resistive exercises including light weights
- Tossing program