



## Post-Operative Rehabilitation for Superior Labral Repair

### Phase I: Weeks 0-4

- Sling
  - 0-2 Weeks: Worn at all times, including sleep. May remove for showering and exercise.
  - 2-4 Weeks: Worn during the day.
- ROM
  - Active/Active-assisted
    - ER to 45°
    - Flexion to 140°
    - IR as tolerated
- Exercises:
  - Grip strength, wrist/hand ROM
  - ER/IR isometrics with elbow at side
  - 2 week: May begin cuff/deltoid isometrics and closed chain scapular exercises

### Phase II: Weeks 4-8

- ROM
  - Increase as tolerated to Full flexion, ER and IR
- Exercises:

*\*6-8 weeks is required for healing of the biceps labrum, therefore, avoid activities that stress the repair (i.e. active biceps exercises, forceful extension, etc.)*

- Advance isometrics from Phase I, may use theraband
- Continue with wrist/hand ROM, grip strengthening
- Begin Prone extension and scapular stabilizing exercises
- Begin gentle mobs

### Phase III: Weeks 8-12

- ROM
  - Progress to Full AROM and Pain free
- Exercises:
  - Advance Phase II exercises; Thera band/dumbbell exercises
  - 8 Weeks: May begin cycling and upper body ergometer
  - 10 Weeks: May begin outdoor running and pushup/plan progression

**Phase IV: Weeks 12-20**

- ROM: Full/Pain free
- Exercises:
  - Advance Phase II exercises
  - Begin functional progression/return to previous activity level
  - 16 weeks: May begin interval throwing progression

\*Patient may return to the weight room at 3 months, if appropriate

\*\*Patient may return to competitive sports, including contact sports, by 5 months, if MD approved