



Kansas City Orthopedic Alliance

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Rehabilitation Protocol: Arthroscopic Anterior Labral Repair

Phase I (1-6 weeks): Protect Repair/Prevent Stiffness

- Sling should be in place when not performing exercises
- Initiate exercise program 3 times per day
 - Immediate elbow, forearm, and hand ROM out of sling
 - Pendulum exercises
 - Passive and active assistance ER at the side to 30 degrees, flexion to 130 degrees, true glenohumeral scapular plane abduction to 90 degrees
- May start active scapular mobility exercises at 3-4 weeks
 - Must keep the shoulder musculature relaxed
- AVOID ROM into abduction, ER >30 degrees, or active IR

Phase II (6-10 weeks): Progress ROM and Protect Repair

- May discontinue sling
- Lifting restriction of 5 lbs with the involved extremity
- Advance active and passive ROM
 - ER at side and flexion to tolerance
 - Scapular plane elevation to 130 degrees
 - IR and extension to tolerance
- Initiate gentle rotator cuff strengthening
- Continue scapular stabilizer strengthening
- AVOID combined abduction and ER ROM, active or passive

Phase III (10+ weeks): Full Function

- Begin combined abduction and ER ROM and capsular mobility
- Discontinue lifting restrictions
- Advance rotator cuff and scapular stabilizer strengthening
- Initiate functional progression to sports specific activities at 16 weeks