

Labral Repair Protocol

	ROM	IMMOBILIZER	EXERCISES
PHASE I 0-4 weeks	0-1 week: Only elbow, wrist, hand 1-4 weeks: Initiate pendulums and passive ROM	Wear at all times except hygiene and exercises	0-2 weeks: Elbow/wrist ROM, grip strengthening and pendulums at home only 2-4 weeks: Begin PROM to ER to 45° Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension Closed chain scapula
PHASE II 4-12 weeks	Progress PROM and AAROM 4-6 weeks. Goal of full motion PROM by 6 weeks, begin AROM after 4 weeks.	Discontinue at 4 weeks	Continue Phase I work; begin active assisted exercises, deltoid/rotator cuff isometrics at 8 weeks Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff
PHASE III 12-16 weeks	Full	None	Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Begin muscle endurance activities (upper body ergometer) Cycling/running as tolerated at 12 weeks
PHASE IV 4-6 months	Full	None	Aggressive scapular stabilization and eccentric strengthening; scapular perturbation Begin plyometric and throwing/racquet program, continue with endurance activities – return to full activity