

ARTHROSCOPIC LABRUM REPAIR REHABILITATION PROTOCOL

PHASE I (0 – 4 weeks)

Active/Active-Assistive stretch to 40 degrees of ER, and 140 degrees of FF. IR as tolerated. Immobilizer worn at all times except for hygiene and exercises. Wrist/Hand ROM, grip strengthening, isometric abduction, ER/IR exercises with elbow at side.

PHASE II (4 – 6 weeks)

Increase FF, and ER/IR to full ROM as tolerated. Remove Immobilizer. Advance isometrics in phase I to use of theraband, continue Wrist/Hand ROM and grip strengthening, begin prone extensions, and scapular stabilizing exercises, gentle joint mobilizations.

PHASE III (6 – 12 weeks)

Progress to full active ROM without discomfort. Advance theraband exercises to use of weights, continue with and progress exercises in phase II.

PHASE IV (12 weeks – 6 months)

Full Active ROM without discomfort. Advance exercises in phase III, begin functional progression to sport.

Complete stretching exercises 3 times per day.

Avoid activities that stress the biceps labrum complex for 6 weeks. That is active biceps exercises and resisted extension.

May return to weight room at 3 months.

May return to contact or collision sport at 6 months.

This is a general rehabilitation and return to sport protocol. It may be modified and individualized when appropriate.