

Labral Repair Physical Therapy Protocol Dr. Bradley Raphael MD

STAGE 1 Initial Post-Operative (1 - 6 Weeks)

Post-Operative 1 - 3 Weeks



Do not start physical therapy until instructed to.

- Sling during the day and at night.
- Swelling and pain management.
- Elbow and hand range of motion.

Post-Operative 3 - 4 Weeks



- Continue hand and elbow range of motion.
- Passive and gentle active assisted range of motion as tolerated .
- By the end of week 4

Flexion, abduction 60 to 75 degrees.

External rotation in scapular plane 15 to 20 degrees.

Internal rotation in scapular plane 30 to 40 degrees.

- Shoulder isometrics (sub-maximal - pain free) for flexion, internal rotation and adduction.
- Cryotherapy and modalities as indicated.
- No motion above shoulder height.
- No active external rotation, extension or abduction.

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Post-Operative 5 - 6 Weeks



- Discontinuesling during the day , continue sling at night.
- Passive and gentle active assisted range of motion.
- By the end of week 5

Flexion 90 degrees

Abduction to 90 degrees

External rotation in scapular plane 30 degrees

Internal rotation in scapular plane 30 degrees

- Shoulder isometrics (sub-maximal - pain free) for all planes.
- Light tubing ER IR with arm at side.
- UBE for range of motion only.
- Cryotherapy and modalities as indicated.
- No motion above shoulder height.

Post-Operative 5 - 6 Weeks



- Sleeping in sling until end of week 6.
- Continue passive and gentle active range of motion.
- By end of week 6

Flexion 135 - 140 degrees

Abduction to 140 degrees

External rotation at 90 degrees abduction 45 degrees

Internal rotation in scapular plane 45 degrees

- May start stretching exercises.
- Initiate scapular stabilization exercises.
- Proceed to range of motion for all shoulder motion.
- Can do pool therapy (no swimming).

Post-Operative 6 - 7 Weeks



- Active warm up on UBE.
- Passive and active assistive range of motion.
- By end of week 7.

Flexion 170 - 180 degrees

Abduction to 170 - 180 degrees

External rotation at 90 degrees abduction 60 - 75 degrees

Internal rotation at 90 degrees abduction 65 - 70 degrees

- Initiate rotator cuff strengthening exercises.

STAGE 2

Moderate Protection (7-14 Weeks)

Post-Operative 7 - 8 weeks



- Active warm up on UBE.
- Passive and active assistive range of motion.
- By end of week 8.

External rotation at 90 degrees abduction 90 degrees

Internal rotation at 90 degrees abduction 80 degrees

Horizontal adduction 45 - 50 degrees

- Initiate resistance to rotator cuff program.

Post-Operative 11 - 12 Weeks



- Active warm up on UBE.
- Passive and active assistive range of motion.
- By end of week 12.

External rotation at 90 degrees abduction 115 - 120 degrees - if overhead thrower

- Continue with all previous stretching.
- Progress to more aggressive strengthening.
- Initiate golf swing motion.
- Initiate light swimming.

STAGE 3

Minimal Protection (14 - 21 Weeks)

Post-Operative 14 - 18 Weeks



- Active warm up on UBE.
- Continue with all previous stretches and flexibility.
- Full rotator cuff program.
- PNF manual resistance.

PNF rhythmic stabilization drills

- Endurance training.
- Initiate plyometric drills.
- Two handed drills progressing to one handed.
- Initiate dry swinging bat: Hit off tee at week 16.

Post-Operative 18 - 21 Weeks



- Active warm up on UBE.
- Continue with all previous stretches and flexibility.
- Continue with all previous strengthening.
- Initiate interval throwing program.

STAGE 4

Return to Activity (21 - 23 Weeks)

Post-Operative 21 - 23 Weeks



- Continue with all previous stretches and strengthening.
- Progress interval throwing to throwing off the mound.
- Progress to unrestricted sports participation at 23 Weeks post-op.
- Continue with rotator cuff strengthening.

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