



Shoulder Labral Repair Post-Operative Rehabilitation Protocol

0-4 Weeks:

- Wear shoulder abduction sling for 4 weeks, removing it only for exercises or hygiene.
- Perform active range of motion (ROM) exercises for the elbow, wrist, and hand.
- Engage in pendulum exercises.
- Focus on grip strength exercises.
- Perform Codman's exercises.

4-6 Weeks:

- Discontinue sling use at 4 weeks.
- Begin with passive ROM, progressing to active-assisted ROM (AAROM), then to active ROM (AROM) as tolerated.
- Limit forward flexion (FF) to 90° and external rotation (ER) at the side based on comfort.
- No internal rotation (IR) past the stomach and avoid cross-body adduction.
- Avoid manipulations by the therapist.
- Start rotator cuff isometrics with the arm at the side.
- Perform deltoid and scapular external rotation (ER) and internal rotation (IR) exercises (submaximal) with the arm at the side.
- Begin strengthening scapular stabilizers.

6-12 Weeks:

- Increase ROM to within 20° of the unaffected side.
- No manipulations by the therapist.
- Encourage daily ROM exercises.
- Continue isometric exercises.
- Once forward flexion reaches 140°, begin strengthening with bands and light weights (1-5 lbs), performing 8-12 reps and 2-3 sets for the rotator cuff, deltoid, and scapular stabilizers.
- Limit strengthening exercises to 3 times per week to prevent rotator cuff tendonitis.

3-12 Months:

- Progress toward achieving full, pain-free ROM, including passive stretching at the end ranges.
- Start eccentrically resisted exercises, plyometrics (e.g., weighted ball toss), proprioception drills (e.g., body blade), and closed-chain exercises at 12 weeks.
- Begin sport-specific rehabilitation at 3 months, incorporating advanced conditioning.
- Return to throwing activities at 4.5 months.
- Resume throwing from the pitcher's mound at 6 months.

Note: Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery