Arthroscopic Shoulder Anterior Labral Repair / Stabilization Post-Operative Rehabilitation Protocol

Phase I – Weeks 0 – 2

Goals

- Protect the anatomic repair
- Diminish pain and inflammation

- Sling at all times (including sleeping) except for bathing and exercises
- Cryotherapy for pain and swelling
- Elbow, wrist and hand active ROM; grip strengthening
- Codman pendulum exercises

Phase II – Weeks 2 – 6

Goals

- Allow healing of wound and soft tissue
- Protect the repair
- Prevent shoulder stiffness

- At week 4, may discontinue abduction pillow and use sling only
- Continue Codman pendulum exercises
- Begin PROM and AAROM
  - Flexion to 90°
  - ER in neutral to 0°, may advance to 30° at week 4
  - IR to body/chest
- Isometric IR / ER with arm in neutral, elbow at side at week 4
- Continue elbow, wrist, and hand AROM/resisted
- Cryotherapy as needed for pain control and inflammation
- May resume general conditioning program (eg, walking, stationary bicycle)
Phase III – Weeks 6 – 12

Goals

- Achieve full ROM
- Begin light strengthening
- Maintain full PROM
- Dynamic shoulder stability
- Gradual return to functional activities

- Discontinue / wean out of sling
- Progress PROM and AROM as tolerated
- Scapular stabilizer strengthening
- At week 8, begin strengthening program: rotator cuff, biceps curls, triceps extensions, ER/IR with elbow at side (advance to overhead at 10 weeks), forward punch, seated row, shoulder shrug, lat pull downs (with elbow in front of body)

Phase IV – Weeks 12 – 16

Goals

- Maintain ROM
- Gradual restoration of shoulder strength, power, and endurance
- Dynamic shoulder stability

- Continue stretching
- Dynamic stabilization exercises
- Continue and advance strengthening

Phase V – Weeks 16 – 24

Goals

- Maintain full non-painful AROM
- Advanced conditioning exercises for enhanced functional use
- Improve muscular strength, power, and endurance
- Gradual return to full functional activities

- Continue stretching and strengthening
- May start light throwing / soft toss program
- May return to light sports: golf, tennis, swimming
- At week 20, may initiate interval sports program
- At week 24, may return to full sport activity if no pain or stiffness