

## Arthroscopic Repair for 360° Labral Repair

### Precautions:

- Control/Protect excessive motion
- Protect arm during sleeping
- Control horizontal adduction motion
- No biceps, pectoral strengthening for 8 weeks

### I. Phase I – Immediate Postoperative Phase “Restrictive Motion” (Day 1 to Week 6)

**Goals:** Protect the anatomic repair  
Prevent negative effects of immobilization (stiffness)  
Promote dynamic stability  
Diminish pain and inflammation

#### Week 0-2:

- Small abduction/ neutral rotation brace (ultrasling)
- Sleep in brace for 6 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
  - Flexion to 60 degrees (Week 2: Flexion to 75 degrees)
  - Elevation in scapular plane to 60 degrees
  - ER/IR with arm in scapular plane
  - ER to 10-15 degrees
  - IR to 10-15 degrees
- \*\*NO active ER or Extension or Abduction
- Submaximal isometrics for shoulder musculature
- NO isolated Biceps Contractions
- Cryotherapy, modalities as indicated

#### Week 2

- Scapular neuromuscular control drills w/ manual resistance (seated)
- Rhythmic stabilization ER/IR multi-angle
- Scapular isometrics

#### Week 3-4:

- Discontinue use of brace at 4 weeks
- Sleep in immobilizer until Week 4
- Continue gentle ROM exercises (PROM and AAROM)
  - Flexion to 90 degrees
  - Abduction to 75-85 degrees
  - ER in scapular plane and 35° abd to 25-30 degrees
  - IR in scapular plane and 35° abd to 15-25 degrees
- \*\*NOTE: Rate of progression based on evaluation of the patient.
- No active ER, Extension or Elevation
- Initiate rhythmic stabilization drills
- Initiate proprioception training
- Tubing ER/IR at 0 degrees Abduction
- Continue isometrics
- Continue use of cryotherapy

**Week 5-6:**

- Gradually improve ROM
  - Flexion to 145 degrees
  - ER at 45 degrees abduction: 45-50 degrees
  - ER at 45 degrees abduction: 55-60 degrees
  - IR at 45 degrees abduction 25-30 degrees
  - At 6 weeks begin light and gradual ER at 90° abduction – progress to 30-40° ER
- May initiate stretching exercises
- May initiate light (easy) ROM at 90 degrees Abduction
- Continue tubing ER/IR (arm at side)
- PNF manual resistance
- Initiate Active Shoulder Abduction (without resistance)
- Initiate “Full Can” Exercise (Weight of Arm)
- Prone rowing at 30-45 degrees Abduction
- Initiate Prone Rowing, Prone Horizontal Abduction at 90 degrees abduction
- NO Biceps Strengthening

**II. Phase II – Intermediate Phase: Moderate Protection Phase (Week 7-14)**

**Goals:** Gradually restore full PROM (week 10)  
Preserve the integrity of the surgical repair  
Restore muscular strength and balance

**Week 7-9:**

- Gradually progress ROM:
- Flexion to 180 degrees
  - ER at 90 degrees abduction: 90-95 degrees
  - IR at 90 degrees abduction: 30-45 degrees
- Continue to progress isotonic strengthening program
- Continue neuromuscular control drills (RS, NM, etc.)
- Initiate Throwers Ten Program
- Initiate light biceps curls at week 8
- Initiate triceps pushdowns at week 9

**Week 10-12:**

- May initiate slightly more aggressive strengthening
- Progress ER to Throwers Motion
  - ER at 90 degrees abduction: 110-115 in throwers (Week 10-12)
- Progress isotonic strengthening exercises
- Continue all stretching exercises
- \*\*Progress ROM to functional demands (i.e. overhead athlete)
- Continue all strengthening exercises
- Light bench press week 12 (on machine)

**III. Phase III – Minimal Protection Phase (Week 14-20)**

**Goals:** Establish and maintain full ROM  
Improve muscular strength, power and endurance  
Gradually initiate functional activities

**Criteria to enter Phase III:**

- 1) Full non-painful ROM
- 2) Satisfactory stability

- 3) Muscular strength (good grade or better)
- 4) No pain or tenderness

**Week 14-16:**

- Continue all stretching exercises (capsular stretches)
- Maintain Throwers Motion (Especially ER)
- Continue strengthening exercises:
  - Throwers Ten Program or Fundamental Exercises
  - Endurance training
  - Initiate light plyometric program
  - Restricted sport activities (light swimming, half golf swings)

**Week 16-20:**

- Continue all exercise listed above
- Continue all stretching
- Continue Throwers Ten Program
- Continue Plyometric Program
- Initiate interval sport program (throwing, etc)  
\*\*See interval Throwing Program
- Initiate PNF D2 flexion/extension week 16
- Initiate non-contact sports

**IV. Phase IV – Advanced Strengthening Phase (Week 20-26)**

**Goals:** Enhanced muscular strength, power and endurance  
Progress functional activities  
Maintain shoulder mobility

**Criteria to enter Phase IV:**

- 1) Full non-painful ROM
- 2) Satisfactory static stability
- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness

**Week 20-26:**

- Continue flexibility exercises
- Continue isotonic strengthening program
- PNF manual resistance patterns
- Plyometric strengthening
- Progress interval sport programs
- \*\* May progress to contact sports (week 20) by physician's determination
- \*\* Collision sports (week 26)

**V. Phase V – Return to Activity Phase (Month 6 to 9)**

**Goals:** Gradual return to sport activities  
Maintain strength, mobility and stability

**Criteria to enter Phase V:**

- 1) Full functional ROM
- 2) Muscular performance isokinetic (fulfills criteria)
- 3) Satisfactory shoulder stability
- 4) No pain or tenderness

**Exercises:**

- Gradually progress sport activities to unrestrictive participation
- Continue stretching and strengthening program