

## Shoulder Stabilization/Labral Repair Guideline

Individual patient circumstances may affect the guideline  
 (tear configuration, fixation used, associated procedures, etc.)

Phase	Goals	Precautions/Restrictions	Treatment
<b>Weeks 0-6</b>	<ul style="list-style-type: none"> <li>• Protect surgical site</li> <li>• Reduce muscle atrophy</li> <li>• PROM up to:                             <ul style="list-style-type: none"> <li>○ Flexion 0-120 degrees</li> <li>○ ER 0-20 degrees in neutral</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• ROM (0-2 weeks): elbow/wrist ONLY</li> <li>• PROM and AAROM (2-4 weeks)                             <ul style="list-style-type: none"> <li>○ Flexion: 0-90 degrees</li> <li>○ ER to neutral with arm at side</li> </ul> </li> <li>• PROM and AAROM (4-6 weeks)                             <ul style="list-style-type: none"> <li>○ Flexion: 0-120 degrees</li> <li>○ ER : 0-20 degrees</li> <li>○ Abd: 0-90 degrees</li> <li>○ Avoid extension</li> </ul> </li> <li>• No combined ABD-ER</li> <li>• Sling at all times</li> </ul>	<ul style="list-style-type: none"> <li>• Modalities                             <ul style="list-style-type: none"> <li>○ Cryotherapy: 5-7 times per day</li> <li>○ BFR, if applicable</li> </ul> </li> <li>• Codman's/pendulum</li> <li>• Wrist/Hand AROM</li> <li>• Shoulder PROM/AAROM per restrictions</li> <li>• At 4 weeks – Submax isometrics in ER/IR</li> <li>• Weeks 4-6 –scapular stabilizer strengthening</li> </ul>
<b>Weeks 6-12</b>	<ul style="list-style-type: none"> <li>• Achieve full ROM as tolerated</li> <li>• Building towards full shoulder motion in all planes</li> <li>• Avoid overstressing repaired tissue at anterior shoulder</li> <li>• Strength within 90% LSI in neutral position</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid forceful movements into ER+Abduction or Horizontal Abduction</li> <li>• No anterior directed glides</li> <li>• Discharge from sling at 6 weeks</li> <li>• Closed-chain activities @                             <ul style="list-style-type: none"> <li>○ 12 weeks for anterior stabilization</li> <li>○ 16 weeks for posterior stabilization</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Continue BFR as needed</li> <li>• ROM: as tolerated                             <ul style="list-style-type: none"> <li>○ Joint mobilization if needed (posterior/inferior)</li> </ul> </li> <li>• Submax rhythmic stabilizations ER/IR in neutral</li> <li>• Rotator cuff strengthening in non-provocative positions</li> <li>• Scapulothoracic strengthening</li> <li>• Prone, side-lying strengthening</li> <li>• Core strengthening</li> <li>• Cardiovascular exercises:                             <ul style="list-style-type: none"> <li>○ Walking, stationary bike, stairmaster</li> <li>○ No swimming, treadmill</li> <li>○ No running</li> </ul> </li> <li>• Total arm strengthening</li> </ul>
<b>Weeks 12-20</b>	<ul style="list-style-type: none"> <li>• Full ROM in all planes</li> <li>• Strength ≥ 90% LSI in neutral shoulder position</li> </ul>	<ul style="list-style-type: none"> <li>• No ROM restrictions</li> <li>• Avoid swimming, throwing sports</li> <li>• Avoid contact activities</li> <li>• Closed-chain activities @                             <ul style="list-style-type: none"> <li>○ 12 weeks for anterior stabilization</li> <li>○ 16 weeks for posterior stabilization</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• End-range stretching</li> <li>• Joint mobilizations if needed</li> <li>• Continue with strengthening</li> <li>• May initiate                             <ul style="list-style-type: none"> <li>○ Banded shoulder strength in 90/90 position</li> <li>○ Velocity based strengthening                                     <ul style="list-style-type: none"> <li>• Neutral at 12 weeks</li> <li>• 90/90 position at 16 weeks</li> </ul> </li> <li>○ Closed-chain strengthening (push up @ wall)</li> </ul> </li> <li>• Discuss sport mechanics with therapist</li> </ul>
<b>Weeks 20+</b>	<ul style="list-style-type: none"> <li>• Full ROM in all planes</li> <li>• Strength ≥ 100% LSI in 90/90 position</li> <li>• Progression through overhead athlete program</li> <li>• Improve capacity for sport-specific demands</li> </ul>	<ul style="list-style-type: none"> <li>• See OH athlete program for progressions based on tolerance</li> <li>• Return to contact sport between 5-7 months post-op with surgeon approval</li> </ul>	<ul style="list-style-type: none"> <li>• Motion – posterior glides if capsule tightness</li> <li>• Continue with strengthening listed above</li> <li>• Progress with velocity based strengthening                             <ul style="list-style-type: none"> <li>○ Shoulder plyometrics</li> </ul> </li> <li>• Initiate overhead athlete program</li> </ul>

This guideline is not meant to be prescriptive but a recommendation to the rehabilitation process. Progress may vary based on specifics of injury and procedure.