

## PHYSICAL THERAPY PROTOCOLS

### ARTHROSCOPIC LABRAL REPAIR

#### I. PHASE I – IMMEDIATE POST-OPERATIVE PHASE (WEEKS 0-6)

##### DAYS 0-14

Patient is seen 2 days post-operative to remove surgical dressings and pain catheter. Showering is allowed once surgical dressings and catheter are removed. The patient is seen 2-3x/week for supervised rehab. MD visits at 2 weeks and 6 weeks.

##### REHABILITATION GOALS

- Protect the anatomic repair
- Early motion of shoulder, elbow, wrist and hand
  - At least 90 degrees Flexion, and 45 degrees ER at 2 weeks post-op
- Decrease post-operative pain and swelling

*Brace Use:* During the first 2 weeks, the patient wears sling/bolster 24 hrs/day except when in PT, showering or performing exercises at home.

##### MODALITIES

- Cryotherapy, interferential stimulation for pain control

##### PAIN PUMP

- Remove pain pump at first therapy visit

##### EXERCISES

1. Passive ROM ONLY first 6 weeks post-op exercises (NO PULLEYS)
  - Flexion and abduction (within patient's tolerance)
  - IR & ER in scapular plane (within patient's tolerance)
2. Hand grip with putty or tennis ball
3. AROM: Elbow flexion-extension, forearm pronation-supination
4. AROM: Cervical spine
5. Submaximal isometric shoulder exercises in all planes
6. Initiate rhythmic stabilization drills (Week 2), supine IR/ER
7. No isolated biceps contractions
8. Continuous Passive Motion Machine (CPM) if ordered by MD

## WEEKS 3-4

*Brace Use:* Brace is typically discontinued at 2 weeks by MD

### MODALITIES

- Ice, electric stimulation for pain control

### EXERCISES

1. Continue ROM exercises (PROM)
  - Flexion, abduction, ER, IR, all within patient's tolerance
2. Initiate proprioception training
3. Rhythmic stabilization IR/ER
4. Isometric shoulder exercises all planes
5. PRE's wrist (no resistive biceps)
6. Tubing IR and ER at 0 degrees abduction
7. Cardio: Stationary cycling

## WEEKS 5-6

### GOAL

- Full Passive ROM by 6-8 weeks post-op

### EXERCISES

1. Continue ROM – passive stretching and self stretches
2. May initiate **light** strengthening program: SL ER, Manual Resistance IR & ER in supine
3. Continue tubing IR & ER with arm at side
4. Initiate AAROM shoulder flexion, scaption, and abduction supine initially progress to standing
5. Initiate prone rowing, prone horizontal abduction without weight

## II. PHASE II – INTERMEDIATE PHASE: MODERATE PROTECTION PHASE (WEEKS 7-12)

The patient is seen usually 2 days/week for supervised rehab and performs home program 3x/week. MD visit at 12 weeks.

### GOALS

- Restore full range of shoulder motion
- Improve shoulder dynamic stability
- Improve shoulder proprioception

### WEEKS 7-8: EXERCISES

1. Continue with stretching to achieve full ROM
2. May begin **light** isotonic exercises: Flexion, full can, bicep curls, tricep extensions, prone ex's, ceiling punches, tubing IR & ER at 0 & 90 degrees abd.
3. Continue PNF strengthening with manual resistance and tubing
4. Cardio: Stationary cycling, elliptical trainer, deep water running with vest

### WEEKS 9-12: EXERCISES

1. May initiate more aggressive strengthening: Push-ups (progression), lat pulldowns (in front only), Thrower's Ten exercises, avoid 90/90 until 12 weeks post-op.
2. Progress ER to throwers motion @ Week 12
3. Progress strengthening exercises
4. Continue all stretching exercise
5. Cardio: May begin running at 10-12 weeks

*\*\*Progress ROM to functional demands of sport or work\*\**

### **III. PHASE III – MINIMAL PROTECTION PHASE (WEEKS 13-20)**

#### **GOALS**

- Establish and maintain full ROM
- Improve muscular strength, power and endurance
- Gradually initiate functional activities

#### **WEEKS 13-20: EXERCISES**

1. Stretching to maintain ROM for overhead activity
2. Continue all isotonic exercises, weights and tubing, may initiate light bench press – within protected range
3. Initiate two handed plyometric program – progress to one-handed plyos
4. Initiate Interval Sport/Work Program (throwing @ 16 weeks, hitting progression @ 12 weeks, work simulation @ 12 weeks)

### **IV. PHASE IV – RETURN TO ACTIVITY PHASE (MONTHS 4-6)**

Patient is seen by MD at 4, 5 and 6 months.

#### **GOALS**

- Enhance muscular strength, power and endurance
- Progress functional activities
- Maintain shoulder mobility
- Gradual return to sport or work activities

#### **4-6 MONTHS: EXERCISES**

1. Continue all flexibility and strengthening exercises
2. Progress Interval sport or work conditioning programs
3. Gradually progress to sport or work activities to unrestrictive participation
4. 6 months initiate mound program for pitchers