

## Anterior Labral Repair Physical Therapy Protocol

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Patient Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Associated Procedures (*checked if applicable*):**

- Remplissage
- Osseous Bankart repair: If performed, phase I is 0-6wks

**\_\_ Phase I (0-4 wks): *Period of protection.***

- **Weeks 0-1: No formal PT necessary.**
  - **Sling:** At all times, except for hygiene and home exercise programs.
  - **Home Exercises:** pendulums, elbow and wrist ROM, grip strengthening.
- **Weeks 1-4: Initiate formal PT (2-3x/wk)**
  - **Sling:** At all times, except for hygiene and home exercise programs.
  - **ROM:** Restrict motion to 90° FF, 20° ER at the side, IR to the stomach, 45° abduction.
    - Progress PROM → AAROM → AROM as tolerated within the above limits
    - No cross-body adduction for 6 weeks
  - **Strengthening:** Cuff/periscapular/deltoid isometrics in sling.

**\_\_ Phase II (4-8 wks): *Transition to active motion and protected strengthening.***

- **Sling:** Discontinued after 6 weeks.
- **ROM:** Progress AROM to max 160° FF, 45° ER with arm at the side, 90° abduction, IR behind back to the waist.
- **Strengthening:**
  - Progress cuff/deltoid and periscapular strengthening (isometrics/light bands) within above motion limits
  - Modalities per PT discretion

**\_\_ Phase III (8-12 wks): *Advance ROM and more aggressive strengthening***

- **ROM:** Advance passive ROM to full with gentle passive stretching at end ranges. Advance to full active ROM as tolerated.
- **Strengthening:**

- Advance as tolerated from isometrics → bands → light weights (1-5lbs) with 8-12 reps x2-3 sets for cuff, deltoid and scapular stabilizers
- Only perform 3x/week to avoid cuff tendonitis

\_\_ **Phase IV (3-12mo): Progress to sport-specific/occupation-specific rehab.**

- **ROM:** If ROM lacking, advance to full via gentle passive stretching at end ranges
- **Strengthening:**
  - Continue with light weights 3x/wk
  - Begin eccentrically resisted motions, plyometrics (weighted ball toss), proprioception (body blade) and closed-chain strengthening.
  - Transition to sports-specific/job-specific rehab and advanced conditioning as tolerated.
  - Return to sports:
    - @ 4-5mo: Tennis, Golf
    - @ 6mo: Collision Sports (Hockey, Football, Rugby, Wrestling, Soccer)
  - Throwing:
    - @ 4.5mo: If full strength can return to light tossing
    - @ 6mo: Throwing from pitcher's mound
  - Work:
    - Overhead work without lifting is possible @ 4.5-6mo
    - Resume heavy labor once full-strength achieved (usually 6-9mo)