

## **Circumferential Labral Repair Protocol**

### **Phase I: (Weeks 0-6)**

Sling immobilization at all times (in flexion, abduction and 0 degrees of rotation) except for showering and rehab under guidance of PT

Range of Motion – **None for weeks 0-3**

**Weeks 3-6:** Begin passive ROM – Restrict motion to 90 degrees of forward flexion, abduction, and 45 degrees of internal rotation

Therapeutic Exercise

Elbow/Wrist/Hand range of motion

Grip Strengthening

**Starting Week 3:** Begin passive ROM activities:

Codman's, Anterior Capsule mobilization

Heat/Ice before and after PT sessions

### **Phase II: (Weeks 6-12)**

Sling immobilization for comfort only

Range of motion – Begin AAROM/AROM

Goals 135 degrees of forward flexion, 120 degrees of abduction, full external rotation

Therapeutic Exercise

Continue with Phase I exercises

Begin active assisted exercises – Deltoid/Rotator Cuff Isometrics

**Starting Week 8:** Begin resistive exercises for rotator cuff/scapular stabilizers/biceps and triceps (keep all strengthening exercises below the horizontal plane during this phase – utilize exercise arcs that protect the posterior capsule from stress)

Modalities after PT

### **Phase III: (Weeks 12-16)**

Range of motion – Progress to full AROM without discomfort

Therapeutic Exercise – Advance Phase II exercises

Emphasize glenohumeral stabilization, external rotation and latissimus eccentrics

Begin UE ergometer/endurance activities

Modalities per PT discretion

### **Phase IV (Months 4-6)**

Range of motion – Full without discomfort

Therapeutic Exercise – Continue with strengthening

Sport/Work specific rehabilitation – Plyometric and Throwing/Racquet Program

Continue with endurance activities

Return to sports at 6 months if approved

Modalities per PT discretion