



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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Labral Repair Protocol

Phase 1

Sling

- 1) Full time use for first 6 weeks
- 2) Discontinue after week 6

Weeks 0-6

- 1) Hand, wrist and elbow active motion
- 2) Active scapular motion (shrugs, retraction)

Phase 2

Weeks 7-9

- 1) Begin active shoulder motion in all planes – (no restrictions unless otherwise specified)
 - Forward elevation
 - External rotation
 - Extension
 - Abduction
- 2) Initiate independent home motion
Home exercise program - AAROM for external rotation, wall climbs

Phase 3

Weeks 10-12

- 1) Continue motion as needed
- 2) Begin Cuff Strengthening when approved
- 3) Progress to overhead resistance with proper scapulohumeral rhythm
- 3) Avoid external rotation, 90/90, or throwing position

Week 13+

- 1) Advance activity
 - Swimming (avoid extreme abduction/external rotation)
 - Begin throwing program progression if approved
 - No contact or at risk activities/sports until 6 months

6 months

- 1) Return to regular activity
- 2) Maintenance Program
 - Daily Stretching (all planes)
 - Strengthening 2-3 times / week

