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## **Post-Operative Rehabilitation: Labral Repair**

### **Phase 1 Physical Therapy (0-6 weeks)**

- Sling x 4 weeks
- Pendulums
- Gradually improve ROM
  - Flexion to 145 degrees
  - ER at neutral to 45 degrees abduction: 35-40 degrees
  - IR at 45 degrees abduction: 55-60 degrees
  - May initiate stretching exercises
  - Initiate exercise tubing ER/IR (arm at side)
  - Scapular strengthening
- Soft tissue mobilization, isometric exercises, core strengthening

### **Phase 2 Physical Therapy (6-12 weeks)**

- Progress to full active ROM as tolerated
  - Initiate ER/IR at 90 degrees abduction at week 8
  - ER at 90 degrees abduction: 70-80 degrees at week 8
  - ER to 90 degrees at weeks 9-10
  - IR at 90 degrees abduction: 70-75 degrees
- Continue to progress isotonic strengthening program
- Begin PNF strengthening

### **Phase 3 Physical Therapy (12-18 weeks)**

- Initiate closed-chain and core strengthening
- Continue proprioceptive training
- Focus on functional exercises in all planes, advance only when fully controlled
- Progress ER to Throwers Motion
  - ER at 90 degrees abduction: 110-115 in throwers
- Improve muscular strength, power and endurance
- Gradually initiate functional activities

### **Phase 4 Physical Therapy (18-24 weeks)**

- Restricted sport activities (light swimming, half golf swings)
- Initiate interval sport program (throwing, etc)



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**Phase 5 Physical Therapy (24+ weeks)**

- Advance closed-chain and core strengthening
- Sport-specific drills as tolerated