



**United States Military-Baylor University**  
**Post-professional Sports Medicine-Physical Therapy Doctoral Program**  
**Keller Army Community Hospital, West Point, New York**  
*“Academic, Research, and Clinical Excellence”*

**SHOULDER LABRUM REPAIR REHABILITATION GUIDELINES**

**PRE-OP**

**EVALUATION:** ROM, Strength, Load Shift, Apprehension, Scapulohumeral Rhythm.

**EXERCISE:** Learn Phase I Exercises.

**EDUCATION:** Understand the need of Compliance in Rehabilitation, Timelines, Goals, Precautions & Discharge Criteria.

**PHASE I: POST-OP (Inpatient) PHASE**

Generally lasts 3-7 days

**\*\*Note:** Exercise prescription is dependent upon the tissue healing process and *individual* functional readiness in *all* stages. If any concerns or complications arise regarding the progress of any patient, physical therapy will contact the orthopedic doctor

**DOCUMENTATION:** Neurovascular Status, Pain Level, and Precautions  
Passive Shoulder Flexion (ROM)  
Submaximal Motor Response

**SLING:** Always wear abduction sling, even while sleeping.

**WOUND:** Check for signs/symptoms of infection. P.T. will debulk dressing.

**PRECAUTIONS:** No active use of arm, Must wear sling.

**EXERCISES:**

**1. SUPINE ASSISTED SHOULDER FLEXION**

Instructions: Lie on back with arm down at side and thumb pointed towards the ceiling. Use unaffected hand to grasp the wrist of the affected arm and slowly raise it only to 90 degrees.

**2. HAND SQUEEZING EXERCISES**

Instructions: Use a foam ball, newspaper, or theraputty to squeeze repetitively.

**3. ELBOW & WRIST AROM**

Instructions: Perform elbow and wrist flexion, extension, pronation, and supination while holding the shoulder in a neutral position at side.

**4. “TWO FINGER” ISOMETRICS**

Instructions: Use the unaffected hand to provide very light resistance during shoulder flexion, adduction, extension, and abduction (No rotation).

## **PHASE II: PROTECTION PHASE**

Generally lasts approximately from one week post-op to approximately 4-6 weeks

**FOLLOW-UP:** Weekly with P.T., Monthly with Ortho, Attend P.T. TIW, Home Exercise Program twice each day

**DOCUMENTATION:** Neurovascular Status  
Pain Level  
ROM - Passive Supine Shoulder Flexion, ER at side (after exercise)  
Submaximal Motor Response  
Precautions

**SLING:** Continue in abduction sling per Ortho Doctor: Generally, 4-6 weeks post surgery

**WOUND:** Staples/sutures removed @ 7-10 days per P.T.  
May shower the morning after sutures are removed  
Begin scar massage after incision site sloughs / scar is formed

**PRECAUTIONS:** No active use of arm, must use sling until cleared through Ortho Doctor

### **EXERCISES:**

#### **1. SUPINE ASSISTED SHOULDER FLEXION**

Instructions: Lie on back with arm down at side and thumb pointed towards the ceiling. Use unaffected hand to grasp the wrist of the affected arm and slowly raise it only to 90 degrees.

#### **2. ELBOW AND WRIST AROM WITH LIGHT WEIGHTS**

Instructions: Perform elbow and wrist flexion, extension, pronation, and supination ROM with light weights (starting with one pound progressing to no more than three pounds) while holding the shoulder in a neutral position at side

#### **3. ISOMETRICS**

Instructions: Use unaffected hand to provide submaximal and **PAIN FREE** resistance during flexion, adduction, extension, abduction, ER, IR

#### **4. SCAPULAR RETRACTION**

Instructions: Retraction - Gently "pinch" shoulder blades together. Hold for 5 seconds and relax.

#### **5. AEROBIC CONDITIONING**

Instructions: May ride a stationary bike but only if wearing the sling

### **PHASE III: BEGINNING STRENGTHING & ENDURANCE PHASE**

Generally lasts approximately one month (From 4-6 weeks post-op until 8-10 weeks post-op)

**FOLLOW-UP** Every 2-3 weeks with P.T., Monthly with Ortho, Attend P.T. TIW

**DOCUMENTATION:** AROM - Supine Shoulder Flexion, ER at side, ER at 90 deg, Sitting IR (Apley's)  
Strength - Manual Muscle Testing  
Scapulohumeral Rhythm  
Exercise Compliance  
Pain or Tenderness

**EXERCISES: 1. SHOULDER ROM EXERCISES AS NEEDED (Exceptions below)**

Instructions: Work on motion restrictions as needed. Exercises to include wand, pulley, towel stretch, wall climbs, etc. Patient should be more aggressive gaining motion but not "push through" any "sharp, jabbing, or pinching" pain

**2. UPPER BODY CYCLE**

Instructions: Perform up to 10 minutes forward and 10 mins backwards on the upper cycle

**3. PROGRESSIVE RESISTIVE EXERCISES (Rotator Cuff PREs)**

Instructions: Perform the following exercises emphasizing high repetition, low resistance and correct technique.

1. ER in sidelying, and ER at 0 deg
2. IR at 0 deg
3. Flexion (thumb up) to 90 degrees
4. Scaption (thumb up) to 90 degrees

**4. PROGRESSIVE RESISTIVE EXERCISES (Scapular PREs)**

Instructions: Perform the following exercises emphasizing high repetition, low resistance and correct technique.

1. Prone Horizontal Shoulder Abduction at 90 degrees
2. Rowing
3. "Pushouts" - (Essentially a pushup "plus" in standing)

**5. LEVEL I NEUROMUSCULAR TRAINING EXERCISES**

Instructions: Under supervision, begin inertial training, "beginning level" plyoball and pool exercises.

**6. AEROBIC CONDITIONING**

Instructions: Ride a stationary bike, do stairmaster, Nordic Track, etc. No running

### **CRITERIA FOR PROGRESSION TO PHASE IV**

1. 90% FAROM
2. Pain free ADLs
3. 90% Strength per manual muscle testing
4. Able to perform 10 minutes of UBC without shoulder pain

## **PHASE IV: ADVANCED STRENGTHENING & BASIC FUNCTIONAL PHASE**

Generally lasts 4-6 weeks (From 8-10 weeks post-op until 12-16 weeks post-op)

**FOLLOW-UP:** Every 3-4 weeks with P.T., 3 Month Evaluation with Ortho, Attend P.T. TIW

**DOCUMENTATION:** AROM - Supine Shoulder Flexion, ER at side, ER at 90 deg, Sitting IR (Apley's)  
Strength - Manual Muscle Testing  
Scapulohumeral Rhythm  
Exercise Performance (Presence of pain noted)  
Tenderness

### **EXERCISES: 1. ROM EXERCISES AS NEEDED**

Instructions: May need to be more aggressive with stretching. Therapist may add mobilizations, or other techniques as needed.

### **2. CUFF AND SCAPULAR PREs**

Instructions: Emphasis is on muscle fatigue. Perform **all exercises to fatigue** 3 times per week. (preferably every other day) Start with the same exercises as Phase 3 and move progressively into higher shoulder ROMs. May use free weights, pulleys, body blade, inertial trainer, isokinetics, etc. May do weight lifting with light weights in "safe" positions.

### **3. PROPRIOCEPTIVE TRAINING**

Instructions: Follow the therapists directions to complete rhythmic stabilization, BAPS on all fours, Ball against wall, Balance on all fours, etc.  
Also, begin pushup progression: Start with wall pushups. Progress to pushups on table, then to knees.

### **4. AEROBIC CONDITIONING**

Instructions: Ride a stationary bike, do stairmaster, Nordic Track, etc. May begin jogging.

### **5. LEVEL II NEUROMUSCULAR TRAINING EXERCISES**

Instructions: Under supervision, perform inertial training and "intermediate level" plyoball exercises.

### **6. FUNCTIONAL TRAINING**

Instructions: **Under the therapist's supervision**, do level 1 functional activities. Generally, "no overhead" activities are done and activities **must be pain free**. Begin each exercise at a submaximal level and progress the intensity level slowly as tolerated.

Basketball - Dribbling, pass and catch (No overhead), shooting in the key

Frisbee - throw and catch

Racquetball, tennis, ping pong - forehand and backhand (No overhead)

Football catch and underhand throw

Volleyball - bumping, setting, and underhand serve

## **CRITERIA FOR PROGRESSION TO PHASE V**

1. Full or nearly full AROM
2. Full Strength per manual muscle testing
3. At least 80% Performance on shoulder functional tests
4. Pain free with functional training exercises

**PHASE V: ADVANCED FUNCTIONAL TRAINING / RETURN TO SPORT PHASE**

Generally lasts two months (from 3-4 months post-op to 5-6 months post-op)

**FOLLOW-UP:** Monthly with P.T., 6 Month Evaluation with Ortho, Attend P.T. TIW  
Continue follow-up evaluations at 1 yr, 2 yrs, & 3 yrs post-op as available

**DOCUMENTATION:** AROM - Shoulder Flexion, ER at side, ER at 90 deg, IR (Apley's)  
Strength  
Scapulohumeral Rhythm  
Exercise Performance (Presence of pain noted)  
Functional Testing

**EXERCISES: 1. CUFF AND SCAPULAR PREs**

Instructions: Continue the emphasis on muscle fatigue. Perform **all exercises to fatigue** 3 times per week. (preferably every other day) Exercises of the previous phases should be done in the higher shoulder ROMs.

**2. PROGRESSIVE WEIGHT TRAINING**

Instructions: **All exercises must be pain free.** May begin all weight training exercises. Keep shoulders out of the "at risk" positions.

**3. PROPRIOCEPTIVE TRAINING**

Instructions: Two or three exercises will be added by the physical therapist. (Plyoball, stairmaster shoulder, fitter, stepups, shoulder treadmill, etc.) Also, continue pushup progression.

**4. AEROBIC CONDITIONING**

Instructions: Patient is responsible to continue aerobic program.

**5. FUNCTIONAL TRAINING / RETURN TO SPORT TRAINING**

Instructions: **Under the therapist's supervision**, do level 2 functional activities. All activities previously may be done to "warm up". Then a **gradual** overhead progression is begun. Remember all activities **must be pain free.**

Basketball - Dribbling, passing and catching, shooting, rebounding

Racquetball, tennis - forehand, backhand, overhand, serving

Football catch and throw

Volleyball - bumping, setting, serving, spiking

**GOALS:**

1. AROM: Equal to opposite UE (Accept 5 degrees ER loss)
2. 90% Strength per isokinetic testing
3. 90% Performance on shoulder functional tests
4. 90% Patient Subjective Rating
5. Pass APFT

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APPROVE / DISAPPROVE

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