

ANTERIOR LABRAL REPAIR

Week 1-4

Precautions: Wear immobilizer continually
Patients 30 years and younger will wear the immobilizer 4 weeks
Patients over 30 years will wear the immobilizer 3 weeks
Time in the immobilizer may change based on surgical findings
No overhead activities for 6 weeks

Rehabilitation:

Under 30 years old

PROM/AROM: arm held in immobilizer, no motion permitted for post-op week 0-4

AROM: Scapular PNFs, cervical, elbow and hand activities

Over 30 years old

PROM/AAROM: Flexion 90

Avoid: All other planes of movement

AROM: Scapular PNFs, cervical, elbow and hand activities

NOTE: *It is expected that when the therapist performs PROM and/or manual therapy of any sort, he or she will take into account the surgical procedure, post-op time frame, protocol, joint play/end feel and the patient's pain tolerance.*

Week 4

Discontinue use of immobilizer as appropriate for age group

Joint mobilization: all planes up to grade III within restriction guidelines, Grade

IV for flexion is permissible

Start AROM within restrictions

ROM limitations: Flexion: unlimited

Abduction: 90

External Rotation: to 30 at neutral

Internal Rotation: to 60 at 30 abduction

No internal rotation and/ or horizontal abduction posterior to the plane of the body

Exercises to include: PRE in cardinal and diagonal planes, scapular stabilization, CKC, and core strength exercises within motion restrictions.

Week 8

Progress to full ROM

Continue with above exercises

Week 13-16

Begin plyometrics

Week 16

Begin interval throwing program

Week 24

Return to full activity

Begin throwing from the mound