

Tristan Juhan, MD

Orthopedic Surgeon

Office: 408-293-7767**Email:** tjuhan@goldenstateortho.com**Website:** tristanjuhanMD.com

SUPERIOR LABRAL REPAIR REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-4 weeks	Active/active-assisted stretch to 45° ER, 140° forward flexion, IR as tolerated	0-2 weeks: Immobilized at all times day and night Off for gentle home exercise only 2-4 weeks: Worn daytime only	Wrist/hand ROM, grip strengthening, isometric abduction External/internal rotation w/ elbow at side Begin cuff/deltoid isometrics at 2 weeks; closed chain scapula
PHASE II 4-8 weeks*	Increase forward flexion and internal/external rotation to full ROM as tolerated	None	Advance isometrics in Phase I to use of theraband, continue with wrist/hand ROM and grip strengthening Begin prone extensions and scapular stabilizing exercises, gentle joint mobs
PHASE III 8-12 weeks	Progress to full AROM without discomfort	None	Advance theraband exercises to use of weights and progress Phase II work Cycling and upper body ergometer at 8 weeks Outdoor running and planks/push-ups at 10 weeks
PHASE IV 12-20 weeks**	Full and pain-free	None	Advance Phase III exercises Begin functional progression to return to previous activity level*** Throwers may begin interval throwing program at 16 weeks

*6-8 weeks is required for healing of the biceps labrum, therefore, avoid activities that stress the repair (i.e. active biceps exercises, forceful extension, etc.)

**Patient may return to the weight room at 3 months, if appropriate

***Patient may return to competitive sports, including contact sports, by 5 months, if approved