

**Physical Therapy Protocol:
ARTHROSCOPIC ANTERIOR LABRAL REPAIR**

Recommendation: PT/ OT 2-3 visits per week for 8-12 weeks

- Weeks 0-3 Pendulums, ROM elbow, wrist, and hand
 PROM: scapular plane elevation to 130dg; ER to 0 dg
 Scapular AROM: elevation and retraction
- Weeks 3-4 PROM: scapular plane elevation to 140dg; ER to 15dg
 AAROM: scapular plane elevation and ER to above limits
 Pulleys
 Scapular isometrics 30dg (against gravity)
- Weeks 4-6 PROM: scapular plane elevation to 165dg; ER to 45dg
 AROM: scapular- supine at 4 weeks, standing at 5 weeks
 Side-lying ER
- Weeks 6-8 PROM: scapular plane elevation to full; ER to full
 ER/IR with resistive tubing
 ER/IR standing with weight
 AROM to light resistance
- Weeks 8-10 PROM: to tolerance including cocking
 Supine cocking with weight (eccentric emphasis)
 Supine PNF D2 diagonal with weight (eccentric emphasis)
 Dynamic weight-bearing on balance ball (unilateral)
- Weeks 10+ Rebounder cocking and backhand toss, progressive push-ups -- begin from knees then
 to full prone
 Increase speed of training
 Increase emphasis on eccentric control of cocking