

Rehabilitation Protocol: Arthroscopic Anterior Labral Stabilization +/- Remplissage

Phase I, Maximal Protection Phase 0-4 weeks

- Sling Immobilization
- Protect anterior/posterior capsule from stretch, but begin passive ROM only POD 10-14
- Supine Forward Elevation in scapular plane to 90°
- External Rotation with arm at side to 30°.
- Grip Strength, Elbow/Wrist/Hand ROM
- Do NOT perform codmans
- Begin Deltoid/Cuff Isometrics
 - o *Remplissage: avoid ER isometrics*
- May remove sling for shower but *maintain arm in sling position.*
- Modalities PRN

Phase II, Moderate Protection Phase 4-8 weeks

- Discontinue Sling at 4-6 weeks as tolerated
- Advance to AAROM and AROM (Limit FF to 140°, ER at side to 40°)
- Begin with gravity eliminated motion (supine) and progress. Do not force ROM with substitution patterns.
- Continue Isometric exercises
- Progress deltoid isometrics
- ER/IR (submaximal) with arm at side without resistance
- Begin strengthening scapular stabilizers
- *Remplissage: No cross-body adduction or sleeper stretch until 12 weeks postop*

Phase III, Minimal Protection Phase 8-12 weeks

- Advance to full, painless ROM. Gentle stretching at end ROM
- Initiate ER in 45° Abduction at 10-12 weeks (wait until 12 weeks with remplissage)
- Full AROM all directions below horizontal with light resistance
- Deltoid/Cuff progress to Isotonics
- All strengthening exercises below horizontal
 - o *ER without resistance if remplissage until 12 weeks*

Phase IV, Strengthening Phase 3-12 months

- Initiate when pain-free symmetric AROM.
- Progress as tolerated
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Restore scapulohumeral rhythm.
- Joint mobilization.
- Aggressive scapular stabilization and eccentric strengthening program.
- Initiate isotonic shoulder strengthening exercises including: side lying ER, prone arm raises at 0, 90, 120 degrees, elevation in the plane of the scapula with IR and ER, lat pulldown close grip, and prone ER.
- Dynamic stabilization WB and NWB.

- PRE's for all upper quarter musculature (begin to integrate upper extremity patterns). Continue to emphasize eccentrics and glenohumeral stabilization.

All PRE's are below the horizontal plane for non-throwers.

- 1) Begin isokinetics.
- 2) Begin muscle endurance activities (UBE).
 - a. High seat and low resistance
 - b. Must be able to do active shoulder flexion to 90 degrees
- 3) without substitution
- 4) Continue with agility exercises.
- 5) Advanced functional exercises.
- 6) Isokinetic test.
- 7) Functional test assessment.
- 8) Full return to sporting activities.