



ADVANCED ORTHOPAEDIC SPECIALISTS



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SUPERIOR LABRAL TEAR REHABILITATION PROTOCOL

| | Range of Motion* | Immobilizer | Avoid | THERAPEUTIC EXERCISE** |
|--|---|---|--|---|
| PHASE I 0 - 4 weeks | Forward Flexion Passive range of motion in scapular plane | Worn at all times except for hygiene and therapeutic exercise | Lifting Strengthening Active ROM | Wrist/hand range of motion, grip strengthening, isometric abduction, external/internal rotation exercises with elbow at side, gentle elbow range of motion |
| Phase II 4 - 6 weeks | Increase forward flexion, and internal/external rotation to full motion as tolerated Forward passive ROM in all planes | Discontinue sling at 6 weeks | Lifting Strengthening Active ROM | Advance isometrics in phase I to use of a theraband, continue with wrist/hand ROM and grip strengthening, begin prone extensions, and scapular stabilizing exercises, gentle joint mobs |
| Phase III 6 - 12 weeks | At 8 weeks begin active range of motion Begin to strengthen at 10 weeks | None | | Advance theraband exercises to use of weights, continue with and progress exercises in phase II, begin upper body ergometer |
| Phase IV 12 weeks - 6 months*** | Full without discomfort | None | | Advance exercises in phase III, begin functional progression to work/sport, return to previous activity level**** |

*Patient is required to complete stretching exercises 3 times per day

**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 competitive sports, including contact sports, by 6 months, if approved

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