



KNEEbraska
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SHOULDER LABRAL REPAIR REHABILITATION PROTOCOL

Phase	Phase Progression Criteria	ROM / Restrictions	Exercises & Activities
Phase I Weeks 0-2		Flexion 70° wk1, 90° wk2; ER 5-10°; IR 45°; No active ER, extension or abduction	Elbow/hand ROM, gripping, PROM, isometrics, stabilization, proprioception, cryotherapy
Phase I Weeks 3-4		Flexion 90°; Abd 90°; ER 15-20°; IR 55-60°; avoid excessive ER/extension/elevation	Continue ROM, core stabilization, scapular strengthening, cryotherapy
Phase I Weeks 5-6		Flexion 145°; ER 50-55°; IR 55-60°. D/C sling 5-6 weeks.	Stretching, tubing ER/IR, scapular strengthening, PNF
Phase II Weeks 7-9		Flexion 160°; ER 70-90°; IR 70-75°	Progress ROM, isotonic strengthening, PNF
Phase II Weeks 10-14	Full painfree ROM; good stability; good strength; no pain/tenderness→ Phase III	Progress to functional demand	Advance strengthening, stretching
Phase III Weeks 15-18		Entry: full painless ROM, stability, strength	Throwers Ten, endurance, light sports, interval sport program
Phase III Weeks 18-20	Full painfree ROM; good static stability; 75-80% strength; no pain/tenderness→ Phase IV	Maintain ROM	Continue exercises and throwing progression
Phase IV Weeks 21-24	Full functional ROM; satisfactory isokinetic test; stability; no pain/tenderness→ Phase V	Entry: strength 75-80% opposite side	Flexibility, isotonic, NM control, plyometrics
Phase V months 7-9		Entry: functional ROM, stability, no pain	Gradual unrestricted sport return