

**270 or Circumferential Labral Repair Postop Protocol**  
**Postoperative Rehabilitation Protocol**  
**Dr. Jeffrey Witty, M.D.**

**General Precautions:**

- Sling with abduction pillow in neutral rotation x 6 weeks.
  - o Only take off for therapy, bath, putting on shirt.
- Leave on for Sleeping x 6 weeks.
- No elbow flexion > 1 lbs x 8 weeks
- No forceful supination x 8 weeks
- No internal rotation beyond neutral, no horizontal/crossbody adduction, no pushing type motion for at least 4 – 6 weeks.

	<b>Weightbearing</b>	<b>Sling</b>	<b>ROM</b>	<b>Exercise</b>
<b>Phase I Week 0 - 2</b>	NWB	Immobilizer at all times when not doing exercises	Passive elbow ROM AROM wrist/hand  AROM/AAROM: Scaption 0 – 90 ER to neutral IR to abdomen  No passive stretching	Pendulums  Grip strength exercise with shoulder at the side. No resisted supination  Start rotator cuff ER/IR submaximal isometrics in neutral (hand facing forward position) with shoulder at the side  Deltoid submaximal isometrics with shoulder at side  Start active scapular retraction and shrugs with shoulder at side and in sling.
<b>Phase II Week 2 - 4</b>	NWB	Immobilizer at all times when not doing exercises	Continue Phase I  AROM/AAROM: Scaption 0 – 110 ER to 10 IR to abdomen  No passive stretching	Continue Phase I  Can start lower extremity strengthening as long as appropriate shoulder precautions are maintained. No

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				running.
<b>Phase III</b> <b>Week 4 - 6</b>	NWB	Immobilizer at all times when not doing exercises	AROM/AAROM: Scaption 0 – 130 ER to 20 IR to abdomen  No passive stretching	Continue Phase II
<b>Phase IV</b> <b>Start Week 6 - 8</b>	Progress as comfort allows	Wean out of sling	Full flexion and internal rotation  Full motion allowed after 6 weeks with ER restriction below.  PROM/AROM/AAROM: External rotation to 90% of opposite side	Continue Phase III  Upper body cycling  Progress AROM/AAROM
<b>Phase V</b> <b>Week 8 - 12</b>	WBAT	None	Progressive to full ROM	Continue phase IV  Begin PRE: high rep low weight if motion is symmetrical -Add plyometrics
<b>Phase VI</b> <b>12 - 16</b>	WBAT	None	Full ROM	Continue phase V
<b>Phase VII</b> <b>16 - 26</b>	WBAT	None	Full ROM	Add sport specific training program  RTP at approximately 6 months (See notes below)

Other Notes:

- Starting a throwing program for overhead athletes ranges between 3 – 6 months.
- Swinging baseball bat, golf club, racket etc allowed earliest at 3 months
- Return to unrestricted activity ranges 6 – 9 months
  - o Overhead athletes (pitchers) may take longer (up to 12 – 16 months)
- Start progression of benchpress type exercise at 4 months

Modalities:

- Ice for swelling, pain
- No nsaid's for 6 weeks

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Adapted from:

Tokish et al JBJS 2009

Ricchetti et al AJSM 2012

Mazzocca et al AJSM 2011

Alpert et al Arthroscopy 2008

Angelo R, Esch J, Ryu R, *AANA Advanced Arthroscopy – The Shoulder*. 2010

Harris et al Clin Sport Med 2013

Ward et al Clin Sport Med 2013

Provencher et al AJSM 2010

Pennington et al Arthroscopy 2011

Savoie et al Arthroscopy 2008

Wilk K, Andrews J. 2004