



Dr Simon Hutabarat

ARTHROSCOPIC ANTERIOR LABRAL REPAIR Rehabilitation Protocol

Tension on the repair occurs in external rotation especially with abduction

The arm is to remain in the velpeau sling for a period of five weeks.

Button up shirts only are to be worn whilst in the sling.

Sling must be worn over the button up shirt. Waistband to remain on for five weeks.

0-5 weeks post-operative

- Patient may remove the sling three times a day for active elbow flexion and extension exercises
- The sling may be removed for showering, keeping the arm neutral and by their side
- Maintain grip strength by squeezing a soft ball
- Avoid internal rotation of arm beyond belly.

5-8 weeks post-operative

- The sling can be removed for increasing periods and then discarded
- Begin passive and active range of motion initially concentrating on forward elevation then progressing to gentle rotation
- Commence a graded strengthening programme (using Theraband - yellow/green/black) with the emphasis on external rotation with the humerus mainly by the side

8-10 weeks post-operative

- Continue stretching programme and gradually increase the internal rotation to about 90% of the opposite side
- May begin abduction of the arm to about 90° with the forearm in neutral and rotating to external rotation.
- Begin gentle internal rotation of the arm in abduction
- Strengthening programme increased to include weights and upper body ergometer for endurance training beginning at low resistance

10-16 weeks post-operative

- Full range of motion allowed. Terminal stretching in abduction /external rotation not recommended
- Continue strengthening especially internal / external rotation and retraining of scapulo-thoracic rhythm
- Patient may commence non-contact sports and swimming (breast-stroke, short stroke, freestyle)

16-24 weeks post-operative

- Continue strengthening and stretching of the shoulder
- Patient may resume contact sports when fully rehabilitated and demonstrating endurance capacity. This usually takes up to six months

UPDATED Dr Simon Hutabarat (3/3/2021)