SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

Geoffrey Glebus, DO
Diplomate American Board of Orthopedic Surgery
Direct Phone: 210-798-8563
Email: glebusteam@smasatx.com

SUPERIOR LABRAL REPAIR

	ROM	IMMOBILIZER	EXERCISES
PHASE 1 0-4 WEEKS	Active/active-assisted stretch to 45° ER, 140° forward flexion, IR as tolerated	**0-2 weeks:** Immobilized at all times day and night Off for gentle home exercise only **2-4 weeks:** Worn daytime only	Wrist/hand ROM, grip strengthening, isometric abduction External/internal rotation w/ elbow at side Begin cuff/deltoid isometrics at 2 weeks; closed chain scapula
PHASE 2 4-8 WEEKS	Increase forward flexion and internal/external rotation to full ROM as tolerated	None	Advance isometrics in Phase I to use of theraband, continue with wrist/hand ROM and grip strengthening Begin prone extensions and scapular stabilizing exercises, gentle joint mobs
PHASE 3 8-12 WEEKS	Progress to full AROM without discomfort	None	Advance theraband exercises to use of weights and progress Phase II work Cycling and upper body ergometer at 8 weeks Outdoor running and planks/push-ups at 10 weeks
PHASE 4 12-20 WEEKS**	Full and pain-free	None	Advance Phase III exercises Begin functional progression to return to previous activity level*** Throwers may begin interval throwing program at 16 weeks

*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 the weight room at 3 months, if appropriate
***Patient may return to competitive sports, including contact sports, by 5 months, if approved