

# SUPERIOR LABRAL TEAR REHABILITATION PROTOCOL

	RANGE OF MOTION*	IMMOBILIZER	THERAPEUTIC EXERCISE**
<b>PHASE I 0-4 weeks</b>	Active/Active-Assistive: stretch to 40 °of external rotation, and 140° of forward flexion - internal rotation as tolerated	Worn at all times except for hygiene and therapeutic exercise	wrist/hand ROM, grip strengthening, isometric abduction, external/internal rotation exercises with elbow at side with elbow at side, gentle elbow ROM
<b>PHASE II 4 - 6 weeks</b>	Increase forward flexion, and internal/external rotation to full motion as tolerated	None	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
<b>PHASE III 6 - 12 weeks</b>	Progress to full active motion without discomfort	None	Advance theraband exercises to use of weights, continue with and progress exercises in phase II, begin upper body ergometer
<b>PHASE IV 12 weeks - 6 months****</b>	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 the weight room at 3 months, if appropriate

\*\*\*\*Patient may return to competitive sports, including contact sports, by 6 months, if approved