

Physical Therapy Protocol

Anterior Stabilization (labrum +/- remplissage)

Recommendation: PT/OT visits 2-3x/week for 8-12 weeks

Week 0-3

- Wear sling at all times (except to shower)
- No active range of motion
- Passive range of motion
 - Forward flexion 0-90 degrees
 - ER to neutral with arm at the side only

Week 3-6

- Gentle passive ROM of shoulder
 - Forward flexion 0-160 degrees
 - ER to 30 degrees with arm at the side only
- Begin to wean out of sling – goal to be out of sling by 6 weeks
- No ER in abduction

Week 6-12

- Active assisted and active ROM
 - Forward flexion 0-160 degrees
 - ER to 45 degrees with arm at the side only
- No ER in abduction
- Light resistance

Week >12

- Resistance training
- Sport specific training
- Light throwing
- Progress to home program
- Full return may take 4-6 months or more and require functional testing prior to return