



Lisa Kaplin, DO

PAN LABRAL REPAIR REHAB

PHASE I: Weeks 1-2 (Inflammatory Phase)

Precautions

- PROM via Codman exercises only
- Abduction pillow sling at all times (including sleep) with arm in slight abduction and neutral position
- No active biceps contraction (shoulder or elbow flexion)

Manual Therapy

- PROM scapula
- PROM elbow, wrist, and hand
- STM periscapular and cervical muscles
- Compression Therapeutic Exercises
- Hand gripping exercises, active elbow and wrist flexion/extension ROM
- Codman/pendulums PASSIVE only
- Postural correct education
- Scapular joint position sense (use mirror) Modalities
- Ice 10 minutes every hour as necessary
- High-volt estim for edema control
- Vasocompression/cryotherapy unit

PHASE II: Weeks 3-4 (Inflammatory and Proliferative Phase)

Precautions

- Flexion 90°- Abduction 90° - Scaption 90° - ER 30° in neutral abduction - IR 20° at 30° abduction
- Abduction pillow sling at all times (including sleep)
- No active biceps contraction (active shoulder or elbow flexion)

Manual Therapy

- PROM shoulder within precautions
- PROM scapula
- PROM elbow flexion, extension, supination, and pronation
- STM periscapular and cervical muscles
- Scapular PFN patterns
- GHJ centering and compression
- Glenohumeral joint position sense

Therapeutic Exercises

- Hand gripping exercises, active elbow and wrist flexion/extension ROM
- Codman/pendulums
- Postural correct education
- Cardiovascular activity 30 min/day stationary bike or walking on level ground
- Table slides abduction/flexion
- Gentle isometrics for ER/ abduction/ extension
- Active trunk rotation
- Ipsilateral levator and upper trapezius stretching
- Seated scapular retraction/decompression
- Passive joint position sense



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Modalities

- IFC estim for pain PRN
- Ice 10 minutes every hour as necessary
- High-volt estim for edema control
- Vasocompression/cryotherapy unit

PHASE III: Weeks 5-8 (Early Remodeling Phase)

Precautions

- Flexion 120°- Abduction 120° - Scaption 120° - ER 45° - IR 30°
- Progress to full ROM week 7
- No biceps strengthening until week 7
- May discontinue sling at 6 weeks

Manual Therapy

- Glenohumeral PROM all planes
- Scapular PROM/mobilizations
- Scapular PNF patterns
- STM to pectoralis, latissimus, cervical, and periscapular muscles
- Progress at 7 weeks to include:
 - Manual PROM to full flexion/abduction and ER/IR at 45 degrees abduction
 - Glenohumeral mobs inferior and posterior capsule
 - Stretching of pectoralis and latissimus Therapeutic Exercises
 - Pulleys
 - Table slides abduction/ flexion/ scaption
- AAROM flex/ abduction/ ER via cane and progress to AROM, wall walks and standing two way
- Prone and standing scapular squeezes
- Prone row and prone abduction • AROM elbow flexion, extension, supination, and pronation • Submaximal isometrics at neutral rotation and 30 degrees abduction for flexion, abduction, ER, and extension

Modalities

- Moist heat with pulleys for warm-up
- IFC PRN for pain
- Ice after PT session and HEP

PHASE IV: Weeks 8-12 (Remodeling and Maturation Phase)

Precautions

- Avoid end-range exercises

Manual Therapy

- As per phase 2 until full PROM achieved
- Rhythmic stabilization/in quadruped/ PNF patterns Therapeutic Exercises
- Ball on wall
- Prone two way (middle and lower trapezius)
- Standing two way (flexion and scaption)
- Prone row with resistance
- Sidelying ER with resistance as tolerated
- Scapular squeeze with resistance
- Seated low row



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- IR/ER at neutral and progress to 45° abduction with light resistance
- Supine punch at standing punch (serratus anterior)
- Begin throwers 10 program at week 10: PNF patterns D1/D2, ER/IR at 45° of abduction, scaption with IR limited to 30° of abduction, seated press-ups, elbow and biceps flex, triceps extension
- Latissimus pull-downs in front of body
- Sleeper stretch and cross-chest stretch
- Active joint position sense Modalities
- Heat with UBE for warm-up
- Ice after PT session

PHASE V: Weeks 13-16 (Maturation Phase)

- Manual capsular mobilization for full mobility
 - Rhythmic stabilization in end ranges
- Therapeutic Exercises
- Throwers 10: progress resistance as tolerated
 - May begin push-up progression
 - May progress ER/IR resistance to 90° of abduction
 - Begin plyometrics: shot toss and progress to shot throw and overhead toss
 - Dynamic wall push-ups
 - Progress push-ups to floor as tolerated
- Modalities
- Ice PRN

PHASE VI: Weeks 17-24 (Remodeling, Maturation, and Hypertrophic Phase)

- Manual stretching/PNF/rhythmic stabilization PRN Therapeutic Exercises
- Begin plyometrics: shot toss and progress to shot throw and overhead toss
- Dynamic wall pushups
- Sport specific training exercises
- Throwing progression
- Maximize cardiovascular fitness
- Gentle overhead motions and may progress to full over-head serve, swing, or throw at 20 weeks and full sports at 6 months Modalities
- Ice PRN