

**Benedict Nwachukwu, MD MBA**  
HSS Sports Medicine Institute  
610 West 58th Street, New York, NY 10019  
Office: 646.885.8250 Fax: 646.885.8252  
[nwachukwuoffice@hss.edu](mailto:nwachukwuoffice@hss.edu)



## **Post-Operative Rehabilitation Guidelines for Labral Repair**

- 0-4 Weeks: Abduction or External Brace x4 weeks  
Grip Strength, Elbow/Wrist/Hand ROM  
Codmans Exercises
- 4-6 Weeks: Discontinue brace at 4 weeks unless otherwise indicated  
Begin Passive → AAROM → AROM  
Restrict FF to 90°, ER at side to tolerance IR  
to stomach., No cross body adduction No  
Manipulations per therapist  
Begin Isometric exercises with arm at side  
Deltoid/Scapular  
ER/IR (submaximal) with arm at side  
Begin strengthening scapular stabilizers
- 6-12 Weeks: Increase ROM to within 20° of opposite side. No manipulations per  
Therapist. Encourage patient to work on ROM daily. Cont.  
Isometrics  
Once FF to 140°, Advance strengthening as tolerated: isometrics → bands  
→ light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and  
scapular stabilizers.  
Only do strengthening 3times/wk to avoid rotator cuff tendonitis Closed  
chain exercises.
- 3-12 Months: Advance to full painless ROM  
Begin eccentrically resisted motions, plyometrics (ex weighted ball  
toss), proprioception (ex body blade), and closed chain exercises at 12  
weeks.  
Begin sports related rehab at 3 months, including advanced  
conditioning  
Return to throwing at 4 ½ months  
Throw from pitcher's mound at 6 months  
MMI is usually at 12 months