



TEXAS BONE & JOINT

drjoshuapayne.com

Fort Worth/Alliance
3025 North Tarrant Parkway,
Suite 220
Fort Worth, TX 76177
Office: 817-697-3900
Fax: 817-562-8530

North Richland Hills
4300 City Point Drive,
Suite 102
North Richland Hills, TX 71680
Office: 682-253-3999
Fax: 817-590-5664

Dr. Payne Anterior Instability/Labral Repair Protocol

The intent of this protocol is to provide the clinician with a guideline of postoperative rehabilitation course. It is not intended to be a substitute for appropriate clinical decision making regarding the progression of a patient's postoperative course. The actual post-surgical physical therapy management must be based on the surgical approach, physical exam/findings, individual progress, and/or the presence of post-operative complications. If a clinician requests assistance in the progression of a patient post-surgery, they should consult Dr. Payne.

Immediate Post-operative Phase (Weeks 0-1):

- Home exercise program consisting of pendulums, elbow ROM, wrist ROM, and hand ROM

Weeks 1-4:

- Restrict motion to 90° FF/20° ER at side/IR to stomach/45° ABD
- Advance PROM → AAROM → AROM as tolerated within the above limitations
- Hold cross-body adduction until 6 weeks post-op
- Isometric in sling
- Sling for 4 weeks
- Heat before and Ice after PT sessions

Weeks 4-8:

- Discontinue sling at 4 weeks post-op
- Increase AROM 160° FF/45° ER at side/160° ABD/IR behind back to waist
- Strengthening (isometrics/light bands) with AROM limitations, horizontal abduction exercises
- Start strengthening scapular stabilizers (traps/rhomboids/lev. Scapula, etc.)
- Modalities per PT discretion

Weeks 8-12:

- If ROM is lacking, increase to full with gentle passive end-range stretching
- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers

Months 3-12 (if needed):

- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin UE ergometer
- 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 4.5 mos
- Throw from pitcher's mound at 6 mos (work up to this via throwing program)
- MMI is usually around 12 mos

Special Instructions/Precautions:
