

Superior Labral Tear Rehabilitation Protocol

	<u>RANGE OF MOTION</u>	<u>SLING</u>	<u>THERAPEUTIC EXERCISE</u>
PHASE I (0-4 WEEKS)	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. May be taken off for activities of daily living, i.e. use mouse, phone, eat.	Hand, elbow, wrist, pendulum, ball squeezes. Isometric abduction, external/internal rotation exercises with elbow at side. Avoid active elbow flexion for 1 st 4 weeks.
PHASE II (4-6 WEEKS)	Increase forward flexion, and internal/external rotation to full motion as tolerated.	Discontinue	Advance isometrics in phase I to use of a theraband, continue with hand, elbow, wrist, pendulum, and ball squeezes.
PHASE III (6-12 WEEKS)	Full range of motion	Discontinue	Advance theraband exercises to use of weights, continue with and progress exercise in phase II, begin upper body ergometer.
PHASE IV (12 WEEKS – 6 MONTHS)	Full range of motion	Discontinue	Advance exercises in phase III, begin functional progression to work/sport, return to activities as tolerated.