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## **Labral Debridement** **Rehabilitation Guidelines**

### **Week 0-2**

- Sling for comfort
  - Wean from sling by two weeks post op
- Passive pendulums
- Start pulley at first post op visit
- PROM/AAROM as tolerated
- Rotator cuff isometrics
- Progress to gentle strengthening as tolerated

### **Week 2-6**

- Increase resistance as tolerated for OKC and CKC exercises
- PROM/joint mobilizations/soft tissue mobilizations as needed to restore motion
- Rhythmic stability and scapular stabilization exercises
- Thoracic mobility/rotation
- Full AROM with normal scapulo-humeral rhythm before advancing PRE's

### **Week 6-8**

- Goal of full PROM/AROM by 8 weeks post op

### **Week 8-12**

- Start heavier strengthening in a controlled and safe fashion
- Initiate pre-throwing exercises as indicated by strength and progress