

Swift Shoulder Institute - Physical Therapy Protocols

Anterior Labral Repair/Global Labral Repair

- Weeks 0-6: Sling. PROM/AAROM limiting FF 120, ER 30.
- Weeks 6-12: D/C sling. Progress AROM/PROM, with 5 lb. lifting restriction.
- Weeks 12-16: Progress ROM/strengthening, with 10 lb. lifting restriction.
- Weeks 16-24: Progress ROM/strengthening as tolerated.
- Weeks 24+: Return to contact sports and activities as tolerated.