

**Dr. Thomas X. Nguyen, MD's
Arthroscopic Anterior Labral Repair Postoperative Protocol**

- Sling for 4 weeks while gentle passive and active-assisted range of motion is allowed.
- First 2 weeks: Avoid active external rotation, extension, and abduction.
- By 3-4 weeks: Range of motion goals are flexion to 90 degrees, abduction to 90 degrees, and external rotation to 15 degrees.
- After 4 weeks: Sling may be discontinued for daytime use, but may continue while sleeping if concern exists. Gentle range of motion is continued with progression to flexion of 130 degrees and external rotation to 30 degrees. Stretching exercises and proprioceptive activities may begin, along with scapular strengthening.
- By 8-10 weeks: progress to full range of motion and strengthening activities may begin.
- At 4 months: strengthening continues and sport-specific physiotherapy is initiated.
 - Noncontact athletes may return to sport. Return to play criteria include full range of motion, satisfactory muscular strength and endurance, and absence of subjective and objective instability.
- At 6 months: contact athletes may return to sport. Return to play criteria is similar to noncontact athletes.