

Division of Sports Medicine



Children's Hospital Boston



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Rehabilitation prescription for:

label

Dr. Vavken's Labrum Repair Rehabilitation Protocol

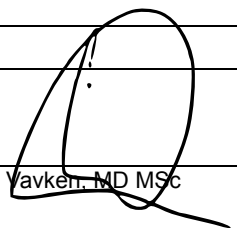
Diagnosis:	
Procedure date:	S/P:

Arthroscopic Anterior Stabilization

	WEEK										MONTH				
	1	2	3	4	5	6	7	8	9	10	3	4	5	6	
PHASE 1 EXERCISES PROM															
Pendulums	•	•	•	•	•	•	•	•	•						
Forward Elevation 0 to 90			•	•	•	•	•	•	•	•		•	•	•	•
Full Forward Elevation						•	•	•	•	•		•	•	•	•
Abduction 0-60			•	•	•	•	•	•	•	•		•	•	•	•
Abduction 0-90						•	•	•	•	•		•	•	•	•
External Rotation 0 to 30						•	•	•							
External Rotation 0 to 45									•	•					
Full External Rotation												•	•	•	•
Full Internal Rotation			•	•	•	•	•	•	•	•		•	•	•	•
PHASE 2 EXERCISES AROM															
Pendulums	•	•	•	•	•	•	•	•							
Full Forward Elevation						•	•	•	•	•		•	•	•	•
Abduction 0-60			•	•	•	•	•	•	•	•		•	•	•	•
Abduction 0-90						•	•	•	•	•		•	•	•	•
External Rotation 0 to 30						•	•	•							
External Rotation 0 to 45									•	•					
Full External Rotation												•	•	•	•
Full Internal Rotation			•	•	•	•	•	•	•	•		•	•	•	•
PHASE 3 STRENGTHENING EXERCISES															
External Rotation						•	•	•	•	•		•	•	•	•
Internal Rotation						•	•	•	•	•		•	•	•	•
Forward Punch						•	•	•	•	•		•	•	•	•
Seated Rows						•	•	•	•	•		•	•	•	•
Shrugs						•	•	•	•	•		•	•	•	•
Curls						•	•	•	•	•		•	•	•	•
PHASE 4 RETURN TO HIGH LEVEL ACTIVITIES															
Golf													•	•	•
Tennis													•	•	•
Football/Lacrosse/Hockey														•	•
Baseball/softball													•	•	•

*Keep hands within eyesight, minimize overhead movements *No military press, pulldowns behind neck or wide grip bench
 *Sling x 4 weeks at all times (except for PT exercises), including sleep

Additional Instructions:



Patrick Vavken, MD MSc

Date