

Anterior and Posterior Labral Repairs Combined with a SLAP Repair Range of Motion Restrictions

Week 1

- Flexion: 60 degrees
- External rotation: 5 to 10 degrees
- Internal rotation: 5 to 10 degrees
- Abduction: 30 degrees

Week 2

- Flexion: 75 degrees
- External rotation: 5 to 10 degrees
- Internal rotation: 15 degrees
- Abduction: 45 degrees

Weeks 3 to 4

- Flexion: 90 degrees
- External rotation: 15 to 20 degrees
- Internal rotation: 35 degrees
- Abduction: 75 to 80 degrees

Week 5

- Flexion: 145 degrees
- External rotation: 55 to 60 degrees
- Internal rotation: 45 to 50 degrees
- Abduction: 145 degrees

Week 6

- Progress to full range of motion