



523 S. SANTA FE AVE  
SALINA, KS 67401  
785.823.2215  
785.823.7459  
SALINAORTHO.COM  
Michael J. Johnson, M.D.

Gary L. Harbin, M.D.

Byron L. Grauerholz, M.D.

Todd M. Herrenbruck, M.D.

Michael J. Johnson, M.D.

Jennifer L. Alexander, APRN

Lindsay Newton, PA-C

Amber Sawyers, PA-C

### **Type I: Superior labral fraying**

Surgical technique: Arthroscopic labral debridement

Protection: Biceps (7-10) days

ROM: As tolerated, no restrictions

Return to sport: Dependent on strength and biomechanics of shoulder, usually 2-4 weeks

### **Type II: Superior labrum and biceps tendon stripped off of the glenoid**

Surgical technique: Arthroscopic reattachment of the labrum

Protection: Sling protection for 4 weeks. Avoid biceps resistance exercises for 10-12 weeks.

ROM: ER allowed initially at 0 degrees abduction only. No external rotation beyond 30 degrees for four weeks. Advance ER at 0 degrees abduction to full after week four. After 4 weeks slowly begin combined ER and abduction with full ROM by 6 weeks.

Rehabilitation timetable guideline: Sling for 4 weeks; gentle elbow, wrist and hand exercises started the day after surgery and continued throughout rehab period; after 7-10 days formal therapy started focusing on gentle passive range of motion within pain-free range avoiding external rotation beyond 30 degrees and extension of arm behind body for 4 weeks; at 4 weeks, shoulder exercise program started with protected biceps strengthening; at 10-12 weeks, biceps resistance exercises and sports-specific or work-specific exercise program instituted with goal of normal function in 4 months. Return to sport: 4 months.

### **Type III : Bucket-handle tear of the labrum**

Surgical technique: Arthroscopic excision of the torn labrum

ROM: Similar to Type I but 1-2 weeks slower

Protection: Same as above

Return to sport: Same as above

**Type IV: Bucket-handle labral tear extending into the biceps tendon**

Surgical technique: Excision of the labral tear and biceps tenodesis or repair as in Type II.

ROM: Dependent on technique. If repaired see Type II; if excised sling for 3 weeks, full ROM in 3-6 weeks

Protection: Avoid biceps resistance exercises for 6 weeks if tenodesis performed or 10 weeks if repaired.

Return to sport: If excision and tenodesis performed, 8-10 weeks with return to throwing sports in 3-4 months; if repaired, see Type II protocol.