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**Educational Presentation Heading:**

Shoulder Rehabilitation of the Torn Labrum in the Throwing Athlete; To Repair  
Or not to Repair.

**Purpose:**

To provide guidelines for the rehabilitation of the clinically diagnosed torn  
labrum in a throwing athlete prior to surgical intervention.

**Description:**

This is an educational presentation with clinical emphasis. This will include  
clinical guidelines from acute trauma to return to throw of the mound. It will  
include pain, range of motion, strengthening, increasing tissue tolerance, and  
progressive throwing function.

**Summary of Use:**

The intent of this knowledge is to take extensive clinical experience and set up  
guideline. These can be used in a clinical setting to rehabilitate the torn labrum  
in a throwing athlete prior to surgical intervention.

**Importance:**

The long-term goal is to return the athlete to the previous level of throwing  
function or determine that conservative rehabilitation has failed and other options  
may need to be considered.