

## Posterior Labral Repair Rehabilitation Protocol

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#### **Phase I: Protect repair (0 to 6 weeks)**

- May remove dressing and shower postop day # 3.
- Ice encouraged for the first week at a minimum: should be used 3-4 times per day once the nerve block has worn off.
- Brace should be in place when not performing exercises.
- May start active scapular mobility exercises at 3 to 4 weeks – Must keep the shoulder musculature relaxed.
- Avoid IR ROM and flexion greater than 90.
- Initiate exercise program 3 times per day:
  1. Immediate elbow, forearm and hand range of motion
  2. Passive and active assistive ER at the side to 60, scapular plane abduction to 90, flexion to 90 only

#### **Phase II: Progress ROM and protect repair (6 to 12 weeks)**

- May discontinue brace.
- Lifting restriction of 5 pounds with the involved extremity.
- Initiate gentle rotator cuff strengthening.
- Continue scapular stabilizer strengthening.
- Avoid IR in abducted position > 30 and cross body shoulder motion
- Advance active and passive ROM:
  1. ER at the side and scapular plane elevation to tolerance
  2. Flexion to tolerance – shldr should be in externally rotated position
  3. Extension to tolerance
  4. IR from abducted position to 30 degrees

#### **Phase III: Full function (>3 months)**

- Begin combined full flexion and IR from abducted position.
- Discontinue lifting restrictions.
- Advance rotator cuff and scapular stabilizer strengthening.
- Initiate functional progression to sports specific activities at 4 months.