

# Ronak M. Patel, MD

## **Posterior Labrum Repair Rehabilitation Guidelines**

Sling x 4 weeks (ABduction pillow x 2 weeks) except for bathing and PT

### **Phase I: Protected ROM**

#### **Post-Op Weeks 0-6**

##### **Goals**

1. Re-establish non-painful ROM
2. Retard muscle atrophy of the entire upper extremity complex
3. Improve neuromuscular control of the scapula in the neutral glenohumeral position
4. Decrease pain and inflammation

##### **Activities**

##### **Weeks 0-2**

1. ROM: PROM, AAROM in forward flexion - goal 90 degrees  
PROM, AAROM in IR/ER - goal 30 degrees
2. Pendulum Exercises
3. Light isometrics in all planes
4. Active elbow flexion and extension
5. Grip strengthening: squeeze soft ball
6. Modalities PRN

##### **Weeks 3-4**

1. ROM: Active and Passive Forward Flexion - goal 180 degrees  
(Do Not load Post-Inferior shoulder in this position)
2. Full A/P ROM in IR/ER  
\*Avoid extremes of cross arm ADduction
3. Theraband Strengthening IR/ER, ABd/ADd, with arm at side
4. Side-lying ER
5. Biceps/Triceps strengthening
6. Scapular stabilization strengthening
7. D/C Abduction pillow after first 2 weeks

##### **Weeks 5-6**

1. D/C sling
2. Full ROM in all planes
3. Start posterior capsular stretching
4. Progressive strengthening (light)
5. Progress scapular stabilization exercises

### **Phase II: Strengthening**

## **Post-Op Weeks 7-9**

### **Goals**

1. Full ROM
2. Regain and improve upper extremity muscular strength
3. Improve neuromuscular control of the entire upper extremity complex
4. Normalize arthrokinematics of the shoulder in single planes of motion

### **Criteria to progress to Phase II**

1. Minimal pain and tenderness
2. Full ROM

### **Activities**

1. Scapular stabilizer strengthening (rowing)
2. Neutral rotation rotator cuff strengthening
3. Stretching - all planes
4. Rhythmic stabilization 30, 60, 90, and 120 degrees (progressively)
5. 8 weeks post-op initiate isokinetics in neutral, scapular plane, high speeds

## **Phase III: Advanced Strengthening**

### **Post-Op Weeks 10-12**

#### **Goals**

1. 90% rotator cuff strength
2. Good tolerance to rotator cuff and ballistic activity
3. Prepare athlete for gradual return to functional activities

### **Criteria to progress to Phase III**

1. Full ROM
2. Minimal pain and tenderness

### **Activities**

1. Advance rotator cuff strengthening to 90 - 90 shoulder work
2. Initiate plyometric progression program and advance as tolerated

## **Phase IV: Dynamic Strengthening**

### **Post-OP Weeks 13 - 24**

#### **Goals**

1. Progressively increase activities to prepare patient for full functional return

### **Criteria to progress to Phase IV**

1. Full, non-painful ROM
2. Pain-free plyometrics / 90 - 90 shoulder work
3. Satisfactory isokinetic evaluation

### **Activities**

1. Full strengthening as tolerated.
2. Sport specific PT

3. Cleared for light non-contact sports as comfort allows and strength near maximum

**Phase V: Return to Play**

Cleared for contact sports, aggressive sports