

Posterior Labral Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain control ● Hand/elbow function ● Decrease swelling 	<p>Abduction sling at all times for 5 weeks except with rehab</p> <p>NO posterior loading x 6 weeks</p>	<ul style="list-style-type: none"> ● Passive ROM restrictions: <ul style="list-style-type: none"> - FE 0-120 x 5 weeks - ER 0-30 x 3 weeks, then 0-60 x 3 weeks, then FROM - Abduction 0-90 x 3 weeks then FROM - IR to belly x 3 weeks then FROM ● Cervical, wrist, hand ROM <p>Modalities:</p> <ul style="list-style-type: none"> ● Ice ● Compression ● Edema control 	<ul style="list-style-type: none"> ● Neck, elbow, wrist ROM ● Scapular retraction and depression ● Pendulums ● Passive ROM: ER and IR to belly, FE and scaption, abduction
<p>Phase 2 (2-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain control ● Increase passive ROM 	<p>Abduction sling at all times for 5 weeks except with rehab</p> <p>NO posterior loading x 6 weeks</p>	<ul style="list-style-type: none"> ● Passive ROM restrictions starting week 4: 60 ER x 3 weeks, full abduction, FE 0-120 elevation, full IR <p>Modalities:</p> <ul style="list-style-type: none"> ● Gentle Massage ● Cryotherapy 	<ul style="list-style-type: none"> ● Continue neck, elbow, hand ROM ● Initiate Pendulums ● Continue scapular retraction exercises ● Begin active assist starting week 5: scaption & FE, ER&IR



<p>Phase 3 (7-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Begin full PROM • Progress to AROM • (full FE, ABD, ER, IR to belt) • Start to work on muscular endurance 	<p>Wean out of sling after Week 6</p> <p>5 pound weightbearing restriction</p>	<ul style="list-style-type: none"> • Progress to full PROM week 6 • Active assist and AROM, progress to full • Open chain proprioception <p>Manual</p> <ul style="list-style-type: none"> • Push to get full PROM <p>Modalities:</p> <ul style="list-style-type: none"> • Ice/stim PRN 	<ul style="list-style-type: none"> • Isometrics: internal and external rotation, biceps and triceps • Active ROM: Sidelying ER, FE & scaption, Salutes, prone extension and horizontal abd • <u>Starting week 8</u> - Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER • Endurance <u>starting week 8</u>: IR and ER, theraband rows, bicep curls/tricep extension, prone lower trap • <u>Starting week 9</u>: endurance exercises, ER/IR, punches with a plus, sport cord rows, prone lower trap, bicep curls/tricep ext, closed chain stability
<p>Phase 4 (13-20 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Maintain full AROM and PROM • Muscular strength 	<p>Progress from 5 pound restriction</p>	<p>Full A/PROM</p>	<ul style="list-style-type: none"> • External rotation strengthening at 45 and 90 degrees • Bear hugs • Statue of liberty • Push-up plus progression • <u>Starting week 18</u>: advanced closed chain stability, decelerations and plyometric external rotation
<p>Phase 5 (20+ weeks)</p>			<ul style="list-style-type: none"> • PNF exercises with resistance • Decelerations and plyometric external rotation

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<p>Goals:</p> <ul style="list-style-type: none">• Match strength to contralateral side• Increase muscular power	<p>Restrictions lifted</p>	<ul style="list-style-type: none">• Continue Full A/PROM•	<ul style="list-style-type: none">• <u>24 weeks</u> - Progress to sport-specific and overhead activities <p>Progress to contact sports</p>
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