

Posterior Labral Repair Shoulder

PHYSICAL THERAPY PROTOCOL

PHASE I: Protective Phase

Goals:

Protect the anatomic repair
Prevent negative effects of immobilization
Promote dynamic stability
Decrease pain and inflammation

Precautions

Week 0-6 patients may not elevate elbow higher than nipples in order to protect humeral head from pushing against posterior labral repair

POST-OP WEEKS 0-6

- Sling use for 6 weeks
- Sleep in sling
- Elbow and hand ROM exercises Hand gripping exercises
- No formal physical therapy generally required at this point, we will teach isometrics in office at post op visit
- Limited range of motion in forward elevation below chest level
- No cross body adduction, No active IR
- Isometric wall exercises

PHASE II: Intermediate / Moderate Protection / Range of Motion Phase

Goals:

Gradually restore full ROM
Preserve the integrity of the surgical repair
Restore muscular strength and balance

POST-OP WEEKS 6-10

- Begin formal physical therapy to assist with range of motion
- Begin Flexion to 90-110 in scapular plane, progress to full ROM
- Abduction to 75-85 ER in scapular plane, progress to full ROM
- Initially limit IR, week 9 progress IR in 30 deg abduction to 30
- Continue isometrics, modalities and cryotherapy
- Gradually improve ROM, begin AROM in all planes at 4 weeks Flexion: 140 ER at 45 degrees abduction: 25-30 IR to 20 with arm at side

POST-OP WEEKS 10-14

- Slightly more aggressive strengthening
- Continue all stretching exercises
- Progress ROM to functional demands

- Progress IR motion in abducted position.
- May begin to increase IR at 90 deg of abduction (12 weeks)
- Protect posterior repair

Criteria to enter Phase III:

1. Full pain-free ROM
2. Satisfactory stability
3. Strength improving
4. No pain or tenderness

PHASE III: Minimal Protection and Strengthening Phase

Goals:

Establish and maintain full ROM

Improve muscular strength, power and endurance

Gradually initiate functional activities

Weeks 14-16

- Continue all stretching exercises
- Progress IR as tolerated
- Continue strengthening exercises
- Fundamental throwing exercises
- PNF manual resistance
- Endurance training Initiate light plyometrics
- Light swimming

PHASE IV: Return to Sports

- Week 18 May return to non-contact sports
- Week 22 May return to collision sports
- Throwing Program