



Posterior Labral Repair Physical Therapy Protocol

Phase I (0–3 Weeks)

- Sling in neutral rotation for 3 weeks (padded abduction sling)
- Codman exercises
- Elbow and wrist ROM
- Wrist and grip strengthening

Phase II (3–6 Weeks)

- Restrict to FF 90°IR to stomach PROM, AAROM, AROM
- ER with arm at side as tolerated
- Begin isometrics with arm at side FF/ER/IR/ABD/ADD
- Start scapular motion exercises (traps/rhomboids/lev. scap/etc.)
- No cross-arm adduction, follow ROM restrictions
- Heat before treatment, ice after treatment per therapist's discretion

Phase III (6–12 Weeks)

- Increase ROM to within 20° of opposite side; no manipulations per therapist; encourage patients to work on ROM on a daily basis
- Once 140° active FF, advance strengthening as tolerated: isometrics/bands/light weights (1-5 lbs); 8- 12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers with low abduction angles
- Only do strengthening 3x/week to avoid rotator cuff tendonitis Closed chain exercises.

Phase IV (3–12 Months)

- Advance to full ROM as tolerated
- Begin eccentrically resisted motions, plyo (ex. Weighted ball toss), proprioception (es. body blade)
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing at 4 months
- Push-ups at 4 - 6 months
- MMI is usually at 12 months post-op

*If you have any problems or questions,
please call your doctor's office (8am-5pm).
Answering service for after hours.*

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